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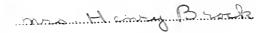
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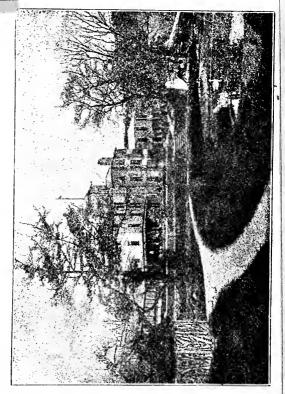
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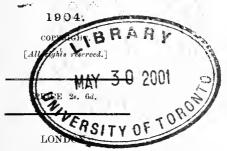
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MINERAL WATERS, CLIMATIC HEALTH RESORTS,
SEA BATHS, AND
HYDROPATHIC ESTABLISHMENTS.

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PREFACE.

The Proprietors venture to hope that the present edition of their Dictionary of Bathing-places and Climatic Health Resorts will be found to be greatly improved, as they have spared no trouble in endeavouring to bring it up to date and make it reliable. They desire to take this opportunity of thanking those who have helped them by kindly suggesting improvements and pointing out errors. As the area with which this work deals is so large, changes are constantly occurring, and the Proprietors are always extremely grateful when readers are kind enough to point out necessary corrections.

Dryden House, Gerrard Street, London, W.C.

ABBREVIATIONS.

- P.L.M. Paris, Lyons, and Mediterranean Railway.
- P. & F. South of France (Midi) Railway.
- N.F. North
- E.F. East
- 0.FWest
- Orléans Railway. Orl.
- PSR.
- Prussian State Railways.
- B.R. Belgian Railways.
- Dutch Railways. D.B.
- S.A.R. Sonth Austrian Railway.
- C.G.T. Compagnie Générale Transatlantique.
- Т. Temperature.
- Fahrenheit. F.
- Franc. Fr.
- C. Centime.
- M. Mark.
- Pf. Pfennig.
- K. Kilomètres.

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CALENDAR.

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INTRODUCTION.

VISITORS to the various health resorts usually undertake the journey and the "cure" now-a-days on the advice of their medical attendants, and it is right that they should seek some expert guidance in their choice. For not only have the mineral constituents of the waters, the climate, and the altitude to be taken into account, but the travelling capacity, purse, tastes, and habits of the patient all have to be considered in deciding which of the many home and foreign Spas will best suit any individual case.

In this work will be found an account of the chief bathing places and health resorts of the world, with special notices of the most popular and important of them. Where possible, an indication of the main constituents of the mineral waters chiefly prescribed has been added.

The curative virtues of water, internally and externally administered, have been known and recognised from time immemorial, and the place hydrotherapeutics occupied in former ages is amply attested by the remains of magnificent structures devoted to balneal purposes in many parts of Europe, far excelling anything of the kind in existence at the present day.

For a large class of invalids no other method of treatment can produce such satisfactory results, and in modern times the scientific application of the waters, &c., is so carefully directed that really marvellous cures are often brought about—there are few health resorts which cannot boast of many such. It is an undoubted fact that certain diseases, and some constitutions, are influenced for good by the "water-cure" when all ordinary

measures fail. Foremost among those specially benefited may, perhaps, be mentioned diseases the result of plethora. In our modern life we eat too much, we drink too much, and we turn night into day far too often. To get away to some clear mountain air, live very sparingly and plainly, with little or no stimulants, early to bed, and out at six o'clock in the morning; all this, together with the change of scene and the thorough cleansing of the body inside and out, will, in a comparatively short space of time, work wonders. The only sad thing about it is that the patient soon feels so well that he straightway returns to his former life with renewed zest, and rapidly qualifies for another visit for his annual "cure."

But it is not only to such robust invalids that the information contained herein will be useful. There are Alpine Air-Cure Stations, where consumption is successfully arrested; there are Mineral Springs, containing iron and other mineral matters, most helpful to the pale, anæmic, and debilitated; Thermal Springs, for the relief and cure of gout and rheumatism; Sulphur Springs, for the treatment of skin diseases, and for the gouty and rheumatic also; the Whey Cure and the Grape Cure; palatial Hydropathic Establishments, for the reception and treatment of all soits of sufferers. Then there is a long list of sea-bathing stations, with notes on the character of the beach, the climate, mild or bracing, dry or damp. In fact there are few invalids, the victims of chronic ailments, who will not find in the following pages a place adapted to their needs, where some weeks may be spent with profit and with pleasure.

MINERAL WATERS AND THE VARIOUS "CURES."

MINERAL WATERS .-- These are waters from natural springs, containing in solution salts of various minerals. Some writers have denied the therapeutic efficacy of mineral waters, basing their opinions on the minute quantities of mineral matter held in solution. In many cases however the waters act with so much energy that no scepticism as to their power is possible. Many of these waters are of much more complex character than the older chemists, with their less perfect methods of analysis, supposed; and the mere fact that they have so long held their own in medicine, and are to-day more used than ever, is a sufficiently strong argument in their favour. When rightly used they constitute a complex, but a very real remedy, the more valuable perhaps because prepared by Nature herself. One proof is as good as a thousand. The physiological effects 0.25 grain of iron in spa water will show themselves quicker and more pleasantly than many times the same amount in an artificial compound.

CLASSIFICATION OF MINERAL WATERS.—It is by no means easy to classify mineral waters. The chief mineral salt present may be taken roughly as characteristic of a particular spring. It should, however, be borne in mind that the element of quantity is not always identical with that of quality, and that often chemical analysis is a most uncertain guide to therapeutic value. They may be roughly classified as follows:—

I. Indifferent Waters.—These waters are ordinary waters, naturally hot or cold, as the case may be, and used simply for bathing purposes, and for the practice of hydropathy.

Cold.—Buxton 82° F., Malvern, Wildbad, Schlangenbad, Matlock.

Gastein		118°	Baden-Baden	 155°
Bath		120°	Plombières	 159°
Neuenahr		102°	Wiesbaden	 160°
Vichy		106°	Carlsbad	 162°
Carteret		131°	Borcette	 171°
Aix-la-Chapelle	е	131°		

- II. Alkaline Waters.—These contain free alkali, usually carbonate of sodium, or an alkali neutralized with carbonic acid in excess, forming a bicarbonate, such as those of Vichy, Contrexéville, Neuenahr, Ems, Vals, Wildungen.
- III. Bitter Waters.—Contain sulphate of soda or magnesia, such as Apenta and Hunyadi Janos. They are aperient in varying degree, dependent upon the amount of contained salt. Friedrichshall, Marienbad, Pullna, Seidlitz, Leamington, Epsom, Kronthal.
- 1V. Saline Waters.—These contain chlorides, and chiefly chloride of sodium; found at Homburg, Reichenhall, Kissingen, Kreuznach.
- V. Bromide and Icdine Waters.—Are waters which contain bromides and iodides in connection with a base, such as sodium or potassium. Kreuznach and Woodhall Spa waters come under this head, also Adelheidsquelle, Carlsbad (Markt Brunnen, 103 deg. F.), Ischl, Kissingen, Tarasp, Wiesbaden (160 deg.).
- VI. Arsenical Waters.—Contain arsenic, a remedy which as an alterative is one of the best. The La Bourboule waters are rich in arsenic, and Mont Dore waters contain, a small amount of it.
- VII. Sulphurous Waters.—Contain sulphurous acid in combination, or sulphides, such as Aix-la-Chapelle, Harrogate, Baden, Schinznach (95 deg.); Barèges, Aix-les-Bains (116 deg.), Aix-la-Chapelle (131 deg.), Bagnères de Luchon (154 deg.).
- VIII. Chalybeate or Ferruginous Waters.—Containing iron, such as Schwalbach, Nauheim, Tunbridge Wells, Marienbad, Pougues, Pyrmont, Soden.
- IX. Lime Waters.—These waters contain carbonate or sulphate of lime; the latter salt is one which it is not desirable to introduce into the system in any quantity. Many mineral waters, otherwise excellent, are useless internally on account of the excess of this salt.
- X. Effervescent Waters.—Made effervescent 'by the presence of free carbonic acid gas, such as the Nauheim, Homburg, and Baden-Baden waters.

Visitors cannot be too strongly recommended to refrain from the use of even the apparently most innocent mineral waters without having consulted a physician. Formerly the waters were prescribed in huge quantities, now it is rare for more than six or eight tumblers a day to be advised. The water should be taken slowly, and with intervals of 10 to 15 minutes between each glass, intervals best filled up by walking about.

[A more detailed classification will be found below. See page xxi.]

INHALATION.—The object of inhalation is to cause certain medicinal substances to enter the lungs directly. These substances may be in the form of gases, vapours, or spray. There is a double advantage in inhalation. It brings the medicament in direct contact with the affected part, and also relieves the stomach, already perhaps over-stimulated by excessive and long-continued dosing with drugs.

Baths.—In the present state of our knowledge it is scarcely possible to say exactly how mineral baths act. It seems reasonable to attribute their action to absorption through the skin, but this is denied by physiologists. With thermal baths it is different, the direct and indirect effect of heat upon the cutaneous circulation and nerves being well marked and easily appreciated.

BATH TEMPERATURES (Fahrenheit).

COLD			 	 40° to	
Cool			 	 	60°
TEPID			 	 70° to	
WARM			 	 	90°
Нот			 	 100° to 1	
Hor as	can be	borne	 	 115° to 1	125°

Hot baths if continued for any length of time are very enervating, and should usually be followed by a cool sponging of the surface.

SHOWER BATHS AND DOUCHES.—The douche has only been prescribed systematically in recent years. Its chief advantages are that it can be used so as to impart a shock or stimulus, that it can be given quickly, and that rapid alterations of temperature are practicable with it.

Massage or Kueading is a method of treatment which has always prevailed in the East, and usually as an adjuvant to the bath. It is now common enough in most of the balneal establishments in Europe. Long abandoned to quacks and empirics, who owed to it much of their success in treating joint affections, it has at length taken its place as a recognised means of treatment. Combined with the douche it constitutes the so-called "Aix Douche."

GYMNASTICS form a useful addition to hydrotherapeutics. Their object is to restore the body to its normal form by a series of simple exercises, and to bring back to feeble or undeveloped organs and muscle their lost tone.

The TERRAIN CURE is really a form of medical gymnastics. It consists of a series of graduated walks, which are taken on a regular and systematic plan, with the view of strengthening the nuscular fibre of the heart and other organs.

MILK CURE.—The milks used are those of the cow, goat, sheep, donkey, and mare. Of these five that of the donkey contains most water and least organic matter, i.e., 9 per cent.; next, goat's milk, with 13½ per cent.; cow's, with 14 per cent.; sheep's, with 16 per cent.; and mare's, with nearly 17 per cent. Sheep's milk is most generally used. Mare's milk is employed only in Russia, Hungary, and at very few places in Germany. Sheep's milk is very nutritive, but at the same time is more difficult of digestion.

Casein is contained in the various milks in the following proportions:—

Cow's 5 per cent. Donkey's ... 2 per cent. Sheep's ... $4\frac{1}{2}$,, Mare's ... $1\frac{1}{2}$,,

Some physicians forbid other nourishment while patients are undergoing the milk cure: others admit a very small quantity. The milk cure has given good results in difficult respiration, dependent upon emphysema and catarrh, in dropsy, in chronic diarrhœa, in diabetes, Bright's disease, some forms of heart disease, and in some nervous affections.

BUTTERMILK CUBE.—The ordinary residue of milk, after churning, is sometimes used as a cure, and has given good results in plethora abdominalis and in ulcerated stomach.

WHEY AND KOUMISS CURE.—Whey is milk deprived of its casein. It has a pale green colour, is transparent, with sweetish taste, sub-acid, and not unpleasant. It contains in 100 parts:—

Sheep Cow Goat

arts:	Sheep.	Cow.	Goat.
Water	91.960	93.264	93.380
Albumen	2.130	1.080	1.146
Milk sugar	5.07	5.10	4.23
Fat	0.052	0.116	0.372
Salt and extract	0.588	0.416	0.578

Koumiss is fermented mare's milk, and is held in high favour as a remedy against consumption by the nomad tribes of the Russian and Siberian Steppes. Most of the Swiss, German, and Austrian establishments include Koumiss in the list of their therapeutic agents. Invalids can live for weeks, or even months, without any other nourishment than Koumiss. These cures are usually carried out in mountainous and woody places, where the air, climate, &c., materially aid the effect of the agent employed.

The daily quantity prescribed varies from \(\frac{1}{4} \) to 1 litre a day. Generally, one bottle a day is taken at first, increasing to five or

six, as tolerated. Solid food is taken only in the evening.

Kefyr.—A preparation of goat's (and any other) milk, obtained by a special process of fermentation. The best Kefyr, or effervescent milk wine, is prepared with yeast from Titlis.

It is a liquid, strongly effervescent, and of a consistency of cream. It tastes prickling and agreeably acid, owing to the amount of free carbonic acid gas it contains. The smell is similar to buttermilk. Badly prepared, it is disagreeably sour, and if taken in that condition is apt to produce gastric disturbance, nausea, &c.

Compared with Koumiss, it contains more lacteine, less carbonic acid and alcohol; it is agreeable, and does not become distasteful so soon. The cure begins with one bottle a day in three equal doses. It can be taken, in some cases, where even

milk cannot be tolerated.

Grape and Fruit Cures.—These are largely water cures, water being the main constituent of the fruits selected. In grapes about 76 to 84 per cent. of the fruit is water, with 10 to 20 per cent. of sugar There are small quantities of albumen,

pectin, and about 0.5 per cent. of salts.

The quantity of grapes prescribed varies from four to twelve pounds daily. It can only be practised for a comparatively short time, and the patient soon begins to feel the effect of the diminished food supply. In obesity, where there is not also great debility, in piles, constipation, hypochondriasis and some nervous disorders, where the patients are of full habit and fairly robust, excellent results are obtained. It is not prescribed to those of spare frame, the anaemic, or those debilitated by chronic disease.

NAUHEIM TREATMENT.—This is a combination of bathing in water impregnated with carbonic acid gas, together with gymnastic exercises, carefully graduated. It is greatly in repute for the treatment of heart disease in its early stages. (See Nauheim.)

Weir-Mitchell Treatment.—A systematic method devised by Dr. Weir-Mitchell for the treatment of nervous prostration or neurasthenia, and for some forms of hysteria. It consists in (1) absolute rest in bed for a period of not less than six weeks; (2) frequent feeding; (3) massage in gradually increasing amount; (4) galvanism; (5) isolation from ordinary environment. It is practised under the direction of many physicians at home and abroad, in nursing homes, and at some of the hydropathic establishments.

HYDROPATHIC ESTABLISHMENTS.—The treatment is usually under the control of a physician, and in modern times the cold water cure is rarely practised with the extreme rigour that characterised it formerly. In England these establishments differ greatly, many of them being hydropathic only in name. The best are admirably provided with all the necessary apparatus for the administration of hydropathic treatment, either cold or thermal. Massage, galvanism, electric baths, are given, and many other forms of special treatment are also carried out in these sanatoria. The advantage of being able to have bath treatment, &c., without going outside one's residence, is a great and important one to a large class of chronic invalids, especially those suffering from gout or rheumatism, or otherwise crippled. The supervision of diet, too, is usually more easily carried out in a well-regulated establishment of this kind than while living in an ordinary pension or hotel.



SUGGESTIONS TO THOSE LEAVING HOME TO TAKE CONTINENTAL MINERAL WATERS OR BATHS.

THE invalid at a foreign Spa will do well to bear a few things in mind, which it will be useful for him to know. When he seeks medical advice from a foreign doctor, he must remember that that doctor-if speaking English to himis addressing him in a foreign tongue, therefore the patient should speak slowly and precisely, should avoid phraseologies and figures of speech calculated to be misunderstood. should ask the physician to write down all his instructions as to baths, their temperature, the length of immersion, the number to be taken, the spring; or as to sprays, douches, &c., the exact instructions for the operator, as also for gymnastic exercise, and massage. The patient would do well to most strictly carry out all the directions he receives, no matter how unimportant they may appear to him. He must not be surprised if his ordinary medical attendant's views of his case appear to differ with those of the Continental doctors, nor must he wonder if symptoms made little of at home are thought much of abroad, and as it is the smallest straws which shew best the direction of the wind, so is it sometimes the smallest symptom which shews best the nature of the disease.

No one under medical treatment abroad should patronise any outside medical institution without consulting the physician under whose treatment he has placed himself. The Continent abounds with institutions containing all manner of galvanic, spray, douche, inhalation, mechanical and other contrivances, all "warranted to cure"—some very good, others the product of charlatanism. All illustrate to what lengths the inventive genius of mankind will go, when a living depends upon efforts made to impress the public with the importance of some panacea connected with the restoration of "my health."

If economy is to be studied, go in the earlier or later parts of the summer season, when prices are always lower.

If possible, obtain an introduction to some good local medical practitioner. Remember to observe carefully every detail of treatment recommended by your doctor. Recollect that drinking, or bathing in, mineral waters is only a part of the cure; diet, exercise, rest, &c., &c., all play their respective parts.

If you drink wine, let it be good.

Go to good hotels. Make, if possible, "inclusive terms," en pension, at the hotel in which you reside; and to discover if these terms are absolutely inclusive, ask for your bill after a few days' stay.

Book your rooms beforehand, giving the hotel manager plenty of time to reply.

Be prepared for the change of air, diet, and general snrroundings bringing about some immediate and constitutional change; for instance, the drinking water may be much "softer" than that you usually drink at home, and may induce diarrhea, or vice versă.

Avoid drinking water the product of melted snow, especially if you have any glandular affection.

If you are going to any high altitude, such as Davos or St. Moritz, take some warm underclothing with you, even though you go in the *summer time*.

Let your motto be: "My health, and how best to improve it." Do not let fashion make you her slave; and don't do things because other people do them." This remark especially applies to such places as Davos Platz and other Continental consumptive resorts, in the cemeteries of which, if gravestones told the truth, many of them would mention tobogganing, dancing, lawn tennis, and over-exertion as the cause of the death of those to whose memories they are erected.

If you rent a private house or firnish apartments for yourself, make yourself acquainted with all the legal details connected with your arrangements, to prevent imposition.

Take a passport with you. It is an easy matter to get one, and you never know the service it may be to you, especially as in some parts a passport must be shewn prior to the receipt of a registered letter.

Take your money in English sovereigns, five pound notes, or in circular notes; and be prepared, if you use the latter, to experience a little delay in obtaining the money you require. You may find that many Continental customs appear inquisitorial and offensive to your English tastes. Recollect you are not in your own country, and on no account lose your temper.

Remember to give up your keys at the Custom House examinations, and help the officers to examine your luggage all you can, rather than look insulted at their investigations.

Take plenty of luggage, but not an excess. On some railways, and in all diligences, every pound weight of luggage is charged for.

Do not take a lot of valuable jewellery, and do not swell the size of your luggage by packing up a lot of newly-made purchases of nick-nacks. If you buy any of these abroad, have them sent home. Parcel post is the cheapest method for light articles.

If you travel by diligence, always make arrangements at least twenty-four hours beforehand, which is the *shortest* time it is necessary to give for obtaining diligence tickets.

Always give your hotel-keeper as long notice as possible before you leave.

Remember to deposit the key of your bedroom with the hall porter whenever you leave the house (or take it with you), otherwise the hotel-keeper is not responsible for robbery.

Always address any complaints you may have to make to the manager, and do so by letter; it is a more pleasant and effectual way of getting notice taken of your requirements.

In asking for any information as to ronte, length of stoppages, &c., of the train you are travelling by, always shew your ticket to the guard, or whoever it is you apply to.

Remember that consumptive visitors are refused admittance to many hotels, and that consumption is believed to be infectious all over the Continent.

Always allow at least twenty minutes for taking your tickets and registering your luggage at a railway station, prior to your departure. Remember that the man who stands at the booking office window for several minutes, preventing you from taking your ticket, may be going to some remote part of Russia or Turkey, which necessitates the booking clerk compiling a "book of tickets" for him.

Look at your railway ticket, and see that you receive proper change when you take it; the price of your ticket is marked upon it.

The paper money of Italy is very confusing; as a rule the Italian railways only accept Government notes, "Bighetti di Stato," these notes being a legal tender.

If you stop en route for Customs examination, and you have to leave your carriage, do not return to it until your luggage has been passed and checked. If the train goes on, and it is not examined, it may be left behind.

In Switzerland it is advisable to send heavy luggage on ahead of you by cheaper goods route, or by post, unless it is going into another neighbouring country. The movement of all luggage in Switzerland and Italy entails expense.

Always instruct the hall porter to pay the cab which brings you to, and takes you from, your hotel, and have the amount charged in the bill.

In estimating the tariffs of the Swiss hotels, it is necessary to remember that their season generally lasts, on the average, three months, during which time they have to make an income sufficient to last them for the remaining nine months of the year.

Never take a guide, or valet de place, except through your hotel proprietor, and ask him to pay the authorized fees, and charge them in the bill.

Always use a distinctive label on your luggage, or have some very conspicuous mark upon it, and have it plainly marked as to ownership and destination.

Always carry a guide to, and maps of, the district you are in.

Remember, when starting on a journey, to register your luggage, or it will not be put into the train. When registering it, shew your railway ticket, and receive a receipt for all registered.

On arrival at your destination, seek out the porter of the hotel you are going to, who will have the name of the hotel on his cap. Give him the luggage ticket, and he will get your luggage for you.

COMPARATIVE TABLES

OF THE

Centigrade, Réaumur, and Fahrenheit Thermometers.

Cent.	Réaum.	Fahr.	Cent.	Réaum.	Fahr.	Cent.	Réaum.	Fahr.
•	0	0	. —	0	0	0	0	c
100	80.0	212.0	66	52.8	150.8	32	25.6	89.6
99	79.2	210.2	65	52.0	149.0	31	24.8	87.8
98	78.4	208.4	64	51.2	147.2	30	24.0	86.0
97	77.6	206.6	63	50.4	145.4	29	23.2	84.2
96	76.8	204.8	62	49.6	143.6	28	22.4	82.4
95	76.0	203.0	61	48.8	141.8	27	21.6	80.6
94	75.2	201.2	60	48.0	140.0	26	20.8	78.8
93	74.4	199.4	59	47.2	138.2	25	20.0	77.0
92	73.6	197.6	58	46.4	136.4	24	19.2	75.2
91	72.8	195.8	57	45.6	134.6	23	18.4	73.4
90	72.0	194.0	56	44.8	132.8	22	17.6	71.6
89	71.2	192.2	55	44.0	131.0	21	16.8	69.8
88	70.4	190.4	54	43.2	129.2	20	16.0	68.0
87	69.6	188.6	53	42.4	127.4	19	15.2	66.2
86	68.8	186.8	52	41.6	125.6	18	14.4	64.4
85	68.0	185.0	51	40.8	123.8	17	13.6	62.6
84	67.2	183.2	50	40.0	122.0	16	12.8	60.8
83	66.4	181.4	49	39.2	120.2	15	12.0	59.0
82	65.6	179.6	48	38.4	118.4	14	11.2	57.2
81	64.8	177.8	47	37.6	116.6	13	10.4	55.4
80	64.0	176.0	46	36.8	114.8	12	9.6	53.6
79	63.2	174.2	45	36.0	113.0	11	8.8	51.8
78	62.4	172.4	44	35.2	111.2	10	8.0	50.0
77	61.6	170.6	43	34.4	109 4	9	7.2	48.2
76	60.8	168.8	42	33.6	107.6	8	6.4	46.4
75	60.0	167.0	41	32.8	105.8	7	5.6	44.6
74	59.2	165.2	40	32.0	104.0	6	4.8	42.8
73	58.4	163.4	39	31.2	102.2	5	4.0	41.0
72	57.6	161.6	38	30.4	100.4	4	3.2	39.2
71	56.8	159.8	37	29.6	98.6	3	2.4	37.4
70	56.0	158.0	36	288	96.8	2	1.6	35.6
69	55.2	156.2	35	28.0	95.0	1	0.8	33.8
68	54.4	154.4	34	27.2	93.2	zero.	zero.	32.0
67	53.6	152.6	33	26.4	91.4			
	1					i		



CLASSIFICATION.

INDIFFERENT WATERS.

Abbas Tuman Aix-les-Bains Aix-en-Provence Alet Avene Badenweiler Bagnoles de l'Orme Bains-les-Bains Barestrand-Syssel Bath Bejar Bekees Berka Berthemont Bikszád Bormio Bondes Burgos Buxton Casamicciola Caldas de Gerez Castenar d'i Bor Caxamarea. Chateauneuf Chambon Chaudes Aigues Chaudfontaine Chaumont Chichimeauilo Clifton Condillac Condes Dax Diezgo Dinkhold Divonne Empfing Eveaux-les-Bains Erlan Fitero Gastein Geisslingen Grafenberg Hammam el En Hammam de Gabes Hevitz Hing Tchon Ilmenau Ischia

Kács

Kaissariani Kis-Kalan Kleinengstingen Kostreinitz Krumbach Landeck Laubbach Lauterberg Lavardens Leprese Loeche-les-Bains Lucainena de la Torres Lund Lutraki Luxeil·les-Bains Mallow Malvern Martigny-les-La-marchè Marat Matlock Mayres Mazel (Le) Milo Monestier de Clermont Monestier de Briancon Montione di Piombino Monsummano Mont Dore Moselli Neris Neuhaus Niederwe Nieratz Nocera Nook Oberlahnstein Ojoun-Schkakua Orebro Oroslau Panticasa Pelagio Perruches Petersthal Pfaeffers Pietra Pont de Bared Plombières Pozzuoli

Ragatz

Rajecz-Teplicz Rennes-les-Bains Rieumaiou Römerbad (Austria) Romagna Röthelhad Rothenburg Rudolstadt Sacedon Säckingen Sandorsprings Salah Bev San Vigone Saute Vaux Schöngau Schals Schwalheim Schlackenhad Schlangenbad Sermaise Seraglio St. Amand St. Blasien St. Lucia St. Roman le Fuy St. Simon St. Yorre Sutinsko Sylvanès Tannenbrunnen Tatenhausen TeplitzSchönau Tissieres Tönnistein Topolschiz Topuczko Tobelbad Tüffer Ussat Valleron Valdieri Vicarello Visibachbad Vöslau Vilsbiburg Warmbad Warmbrunn Weissbad Wildbad Yverdon

ALKALINE WATERS.

Abach Adelholzen Acqua-Bolle Ajnacskö Alfáro Al-Gyögy Almeida Anagui Apollinaris Anlus Babàlifuente Bà∞ni-a-Morba Bagno d'Apollo Bagnoli Bains, near Arles Baldóez Balzach Bañolas Raños Belleriève Rilarzais Bilin Birrenborn Bisztrá Boesing Bondonneau Borra Boriom Borsa Boudes Boulon, Le Brunnenthal Budis Bussang Camoins Capvern Carcanières Casciano (San)

Castera Verduzan Chateauneuf Chaudes-Aigues Cinciano Citára Collioure Cotone Deutsch-Kreutz Diös-Györ Disznopátak Dizenbach Dombhát Dorfbad Egerdach Ermetschwyl Essentuk Estadilla. Evian Fachingen Fallorne Falu-Szlatina

Fellathal Felso Visso Ferranche Forges-les-Bains Fortyogó Gabernigg Gardinière Carrie Geilnau Giesshubl Gigonza Clisi Giunco Marino Goldbach Göbbingen Goschwitz Guagno Hackelthal Haldenstein Hambach Heilstein Helenskilde Heppingen Holzhausen Houches, Les Johannisbad Kastenloch Kis-Sáros Krähenbad Krapina-Töplitz Kugelbad La Caldare Landskron Langenau Le Boulon Leissigen Levana Lienzmühl Lipari Losdorf Lucan Lucainena Montbrison Mont-Dore Moingt Molite Nammen Neris Neuenahr Neu-Ragoczi Neuschmécks Neuville-lez-la-Charité Novelda Niederselters

Noceto

Obertiefenbach

Palermo

Passug

Pistván

Polena. Ponts (Les) Preblau Radein Rivera Roccabigliera Rodna. Roigheim Römerbad (Switzerland) Röslibad Royat Sacedon St. Honoré St. Laurent. St. Loubouer St. Nectaire St. Parize St. Thomas St. Vallier Salzbrunn San Georgen San Giuliano San Marco Sault Saxe Schmécksz Schwalbach Selters Sebastianweiler Sigliano Sinzig Solan de Cabras Spital Sulz Sulzmatt Szaldobos Szklo Tarasp Thingoë-Syssel Töplika Tresclaix Tübingen Unterbad Urnäschen Usson Vaisse Vals Vellebro Vetzel Vichv Vidago Visos Vrécourt Walby-Brunnen Warmbrunn Weilbach Wildungen Wipfeld

ALKALINE-SALINE WATERS.

Adolfsberg
Assmannshausen
Bagni (Acqua di)
Bagni à Baccanella
Bagno Fresco
Barèges
Bertrich
Bilin

Blumenstein Blumenthal Boll Borschom

Borszek Bykowicz Caldiero Camarès Capuchina

Catena Chitignano Cotto Czigelka Dombhát Dreykirchen

Dreykirchen Ebriach Elster Emilienbad

Ems Eperies Epidaurus Evaux Felines Fonfrede

Fläsch Fossino Gaberneg Godesberg Gross-Schlagendorf Gleichenberg

Gyüzy Hanau

Honningen Isehia Isla de Losio

Kis-Czeg Katharinenbad Kirchberg Kislovodsk Klein-Chocholna

Kobersdorf Koraszna **Kronthal**

Kungard La Bourboule La Malou

Landeck Lanjarron Langenberg Liebenzell Liebwerda

Lipik Lochbachbad Luhatchowitz

Mehadia Mende Monte-Ortone Niederselters

Ober-selters Offenbach

Noceto

Olah Szt. György Olenyova

Passugg Querzola Reinerz Riedbad

Roisdorf Rolle

Rocca San Felice Royat St. Laurent

St. Vincent Salceti Salce

Salzschlirf (Bonifacius) Sangerberg

Schwarzenberg Selafani Serapis-Temple Selters

Sierra Alhamilla Sisso

Sobron Stoika Suliguli Szátoz Szolyva Vicarello

Vichy Vidago Weissenburg Wenzelsbad

Weissenburg Wenzelsbad Weilbach

BITTER WATERS.

Abdalagis Acqua-Santa-di-Buyhuto

Alap Albaladejo Alhama de Aragon

Alhama la Seea Alicum Almagro

Almeria Alsó-Sebes Anguillara Antequera Aranjuez

Argentona Arenosillo Ascoli Baŭos del Rio Pisuerga

Bari Bellus

Birmansdorf

Boras Braque Burgbergheim Birresborn Busk

Buzot Cabeza del Buey Calanas

Calanas Calzadia de Calatrava Cambo

Canaveilles Casale Cefalú Cheltenham

Chiclana Chinchon Corenc Dardagni Dubograedsk Elisabeth-Salz-

baths Epidaurus Eppingen
Epsom
Felsö-Alap
Foradade
Frailes v La l

Frailes y La Rivera Friedrichshall Galthof

Georgenbad Gigondas Ginoles

Glenn Sulphur Springs Gran

Herg Hermione Hervidero

Hervideros de Carrion Heustrich Bad Hildegarde-Brunnen

Hunyady-Yános Ivanda Jabaleuz

Jaen Jood

BITTER WATERS-continued.

Kilburn Kirchbrunnen Kleinern Kobvlik Kreuth Lepanto Ligurio Linares Loujo Mala Mara Mergentheim Montmirail Morszyn Nanclares Nebouzat

Niedernau

Oelves Ofen Olliergues Orel Outraneourd Püllna. Quinto Salzschlirf St. Boes St. Christau Saidschütz San Adrian y la Losilla Santa Ana Sarepta

Sasso di Maremma

Sedlitz

Soulieux

Aussee

Augustusbad

Spital Steinwater Streatham Stuben Tardon Torre Annunziata Tur Vacia Madrid Valle de Rivas Velleminfroy Veseovo Viallavieja Villaharta Villar del Pozo Vilo or Rosas Zwieselsalpe

SALINE WATERS.

Abas-Tumam Aboukir Abzac Aegua-Santa Acquæ-Subreni-Homini Adelheidsquelle Adorf Aegina Agnano Ahiolo Aigle Aincelle Airthrey Aizcorri Alange Albano Aleantuz Alicum Alkná-Szlatina Almamező Alveneu

Amélie-les-Bains Andabre Antrim Spa Arborme

Arehena Archevaleta Arenosillo Arnedillo Arnstadt Arpad Artejo

Artern Arzilhe Ascoli

Ashby-de-la-Zouche Astrakan

Availles Baassen Bacskó-Rahó Baden-Baden Bagnères de Bigorre Bagnet, Le Bagnos Bains de la Reine Balarue Baldini Balta Alba Baltzatesti

Balyspellan Spa Baraci **Eastennes** Battaglia, La Bebra Bejar Belinehon

Berg Beringerbad Betelů Bex

Birkenfeld Bleichbad Bohbio Bodenfelde Bonar Borines

Borkůt

Borla Boulogne-sur-Mer Bourbon l'Archambault

Bourbon-Lanev Bourbonne-les-Bains

Bourboule, La Bramstadt

Bridge of Earn Brughéas Buca dei Fori Budimir Bucarin Builth Burnham Rusk

Buzot Caldanella di Campiglis

Caldas de Besaya Caldas de Estrae Caldas de Mombuy Caldas da Rainha Caldas de Tuy

Caldillas de San Miguel Canilleias Cannstadt Carballo Carballino Casares Casa Stronchino

Casinodelle Currigliane Casiola Castellamare

Castiglione Castel San Pietro Castro-Caro

Cestona-guezalaya Cave

Chaldette, La Charlottenburg Chatel-Guyon Chatenois

Cheltenham Chazani

SALINE WATERS-continued.

Chinehilla Ciechoeinek Cipollo Colberg Corcoles Cormus Cos (Island) Crieff Daetlingen Diemeringen Dirce Dofana. Domène Dovadola Drennon Springs Driburg Droitwich Drobobiez Drumgoon Dunblane Dürrheim Dürkheim an der Haardt Eberbach Echaillon Ecquevill Elmen Ems Erlauhad Eufemia Farkas-Mező Felso-Apsa Felső-Bajom Feredsehik Filetto Fitero Fonsalade Fontaccia Fonté Forbach Fordignano Fortuna Frankenhausen Frankfort-on-Maine Friedsrichroda. Fuente del Fresno Galaxidion Garriga (La) Garde de bio Gebangau Gerace Gleissen Gloucester Gmunden Goczalkowitz Grosskarben

Grall

Guillon

Guarda-vieja

Ginthershad

Hall (Austria) Hall (Tyrol) Hall (Württemberg) Halle Hallein Hammam-Melouan Hammam-Meskutin Harrogate Harzburg Hellopia Helmstädt Helwan-les-Bains Hermida, La Homburg Horcajo de Lucena Hubertusbrunnen Hüttersbach Hypate lkaria Ildjak Ilmenau Imola Innichen Inowrazlaw Inselbad Inverleithen Ischl Ivonicz Jaxtfeld Joanette Jouche Jungbrunnen Jurowla Kalimanesto Karlshafen Katharsion Kerö Keuchreæ Kimpalungi Kissingen Kondrau Königsborn Königsdorf-Jastrzembs Korond Korytnica Kosia. Kösen Köstritz Krankenheil Kreuznach Kronberg Kronthal Kythmos Laer La-Malou La-Motte

Langenbrücken

Lauchstadt

Laurion

Leamington Lemnos Lesbos Les Salins Letantus Limmer Lindenholzhaus Lipik Llandrindod Llo Lons-le-Saulnier Loujo Loreto Lu Lukhas Lüneburg Luxeuil Luyando Macviller Malahá Marienfels Marsala Masino Mehadia Meinberg Melksham Mezières Moffatt Molar, El Molinar de Carranza Monda. Mondorf Monegrillo Monfaleone Monsão Montalceto Monte-Catini Montegrotto Monzaio les Mines Morgins Mortagone Münster a/Stein Nauheim Nantwich Naxos Neffiach Nenndorf Neubaus Neustadt a Saale Newtondale Niederbronn Niederhall Nohanend Oberhergern Oberladis Oeynhausen Offenau Okarben Oldesloe Orb

SALINE WATERS-continued.

Osterfingen Paipa Palazzolo Pannanich Pantieosa. Páros Paterna de la Riviera Paterna y Gigonza Paterno Peebles Peiden Peleikiton Penna. La Perrière, La Pertino Petriolo Pillo Pitkeathly Pitigliano Plan de Phazy Plaue Platimgan Poggetti Poggibonzi Poggio-Rosso Polena Pontamafrey Pouillon Pozznoli Préchae Pré St. Didier Puda, La Puento-Viesgo Pyrmont Ouinto Kabka Raddusa Radeberg Radein Rapolano Rappenau Redruth

Rehme
Ravone in Casaglia
Recklinghausen
Reichenhall
Retorbido
Rheinfelden
Riando
Rietenau
Riolo
Rio-Mayor
Rio-Sordo
Rippoldsau

Roggendorf Rohitsch Rodenberg Rothenfels Rothenfelde Rothesay Rothwell Roselle Roucas-Blanc Rosswein Rubinat Russwyl Saarguemines Sack

Sack Sadshütz St. Blasieu St. Genis St. Laurent Salces Salies de Béarn Salies Salies

Salins-Moutiers
Salonichi
Salz
Salzhausen
Salzsehlirf
Salsburg
Salzungen

Salzufféln San Fedele San Juan de Campos Santa Catalina Santa-Gonda Santa Restituta Santenay Saratoga

Saulee, La Saxon Schieder Schmalkalden Schmeckwitz Schönbeck Segura Semur

Sarenta

Saubuse

Sierk
Soden
Soest
Solares
Sotteville
Spalato
Staraja-Rossa

Staden Steinfurth Steinfuyde Stolypin Stuben Suderode Sulza Sulzbad Szalatnya Talamonaccio Temburg Tercis Termignor

Talamonaccio
Temburg
Terris
Terris
Termignon
Termini-Imerese
Termopylae
Terrasse
Thermas
Thorpe Arch
Thermas
Thermas
Tiermas
Tiermas
Titus, Baños de
Torda
Torpa

Torpa
Torres-Vedras
Torresta, La
Traishorloff
Trescore
Tritoli
Truskawice
Tusnád
Ugód
Uriage

Ussat Venafro Vicoigne Victoria Spa Vignale Vignolles Vinadio Vinca

Vippach-Edelhausen Volterra

Vonitza Wieliczka , **Wiesbaden** Wiesenbad Wildegg Wimpfen

Wilhelmsbad Willoughby Wittekind Woodhall Zajzon

BROMO-IODURATED WATERS.

Abano Adelheidsquelle Airthrev Baassen Baines de la Reine Balaruc Beringerbad Bex Bocsko Raho

BROMO-IODURATED WATERS-continued.

Bondonneau
Borkut
Bourbon l'Archambault
Bourbonne-les-Bains
Bourboule, La
Casa Stronchino
Castelmovo
Castero-Caro
(Suller

Castro-Caro
Challes
Coise
Czigelka
Dürkheim an der
Haardt
Felso-Alap
Gazost
Gozzalkowicz
Grasville l'heure
Greifswalde
Gréoulx
Gross-Albertshofen

Hall (Austria)

Hechingen Heilbrunn Ivonicz Kanitz

Königsdorff-Jastrzembs Krankenheil Kreuznach

Leamington Lu Luhaczowicz Marlioz Molinara de Carranza

Mondorf Monfalcone Montecatini Münster am Stein Pertino Babka

Radein Ravone-in-Casaglia

Barèges

Bari

Ronneburg Rothenfelde St. Genis St. Jean d'Aulph Salies de Béarn Salins Salzburg (Hungary) Saxon

Salzburg (Hunga Saxon Soest Sotteville Staraja-Rossa Sulzbad Tatzmannsdorf Torda Torpa

Torda Torpa Valenza Weilbach Wildegg Wimpfen Woodhall Spa Zajzon

SULPHUROUS WATERS.

Aachen Abbach Abano Abas-Tuman Acireale Acqua-Santa Acqua-Raineriana Acquæ Albulæ

Acqui Aix-la-Chapelle AIX-LES-BAINS Alexandersquelle Alhama de Aragon

Alexandersquelle Alhama de Aragon Alhama de Granada Almeria Alveneu

Amélie-les-Bains Andeer Altenburg Askern Spa Argeles Baden (Austria) Baden (Switzerland) Bagni-à-Aequa Bagni-à-Crana

Bagno Bagno-in-Romagna Bagnolles Bagnols

Bains Bagnères de Luchon Bains, near Arles Balzach Barbazan Barzun Bath (Jamaica) Batignolles Battaglia, La Beaucens Rellus Bentheim Bertua Beschtau or Maschukabaths Betelú Blue Sulphur Springs Bocklet Boll Bonn Bonneval Borines Bottaccio Bourtscheidt Braga Bramstadt Brussa Buclesore Budosto Builth

Buncome

Bundoran

Buschbad Busk

Butterby

Caccio-Cotto

Buyères de Nava

Cadéac Caldas Caldas de Reyes Cambo Carratraca Castellamare Castel San Pietro Cauquedes Cauterets Cervera Challes Cheltenham Chianciano Chulilla Citára Civilliano Civita Vecchia Crailsheim Dagh Hamman Dax Dingolfing Disznopátak Domène. Dorres Dotit Eaux-Bonnes Eaux-Chaudes Ebningen Eilsen

Egarthad

Egelhof

Enatbüh

Enghien

Essentuk

SULPHUROUS WATERS-continued.

Falkenberg Fonté Forstegg Gadara Galleraje Georgenbad Gerace Gisland Gleisslibergerbaths Gmünd Graena Grosswardein Gythium Harkanvi Harrogate Hechinge

Heiden

Hèlwan-les-Bains

Hermonville

Hervideros de Fuen Santa Hereulesbad

Höhenstadt Holbeek Horn Hypate Ilidze Ilkeston Imola Innchen

Ischl Jallova Jamnicza Joanette

Kainzenbad Kammietz-Podolsk

Karithen? Kastanow ka Kemmern Kerö

Kimpolunga Kirchheim Klosters Kunzendorf

Ladis Lago d'Averno Langenfeldt

Langenbrücken

Laroche-Posay Landeck Lavev

Leamington Ledesma Lennos

Lenk
Lepanto
Lisbou
Lisdoonvarna
Llandrindod
Llandwrtd

Loëches Los Banos Los Torf

Lucan Luchon Macerato Mád Malahá

Marlioz
Mehadia
Meidling
Meinberg
Moffatt

Molar, El Monteflascone Monte-Ortone Münsterberg

Müskau Nenndorf Neudorf Neumarkt Neusohl Nierstein

Nottington Nydelbad

Obertiefenbach Olette Oldesloe Paråd

Páramo de Ruiz Patmos Peissenberg Petriolo Pierrefonds

Piguien Poggetto-Theniers

Pomaret Porretta, La Pozzuoli Psekups-springs

Psekups-springs Puzzichello Pystjan

Rapoláno Rede de Corvaçeira Retorbido

Reutlingeu Riedbad Riga

Riolo Rio-Vinagre

Rohnau Romeyer Ronneby Rostona Rothesay

St. Gervais St. Honoré

St. Martin Lantosque St. Saveur Saloniehi Sandefjord San Genesio San Georgen

San Michele San Martino Santa Agueda Santa Barbara Santa Cesarea Santa Filomena de

Gomillaz
Sardara
Schinznach
Schimberg
Schmeckwitz
Schwefelbad

Schwefelberg Sciacca Seébrueh

Segura Segura Sitka Skara-Chori Skleno

Slepzoff-Michaeloff

Springs Smyrna Sombór Spalato Sprofondo Stachelberg Starbeck Stolypin Strathpeffer

Szinyak Szmrdak Szobranez Tamames

Telese Terme Luigiane Termini Castroreale

Termini-Imerese Teufen Thalgut Thermopylae

Thuez Thusis Tiflis

Torre de San Miguel Torres Trenczin-Teplitz

Treseore Ullersdorff Unterhallau

Urberoaga de Ubilla
Uriage
Ussat

Valdieri Vale-Szkragye Valeuza

SULPHUROUS WATERS-continued.

Vinadio Vinca Vizella Warm Springs Weilbach Aberayron Aberystwith Acqua-acetosa Adlerbad Albano Albersdorf Alexisbad Altwasser Albersdorf Alveneu Ammansegg Amphion Andabré Antogast Arcs, Les Auerbach

Vernet, Le

Augustusbad Baldócz Barbazan Barberie Barbotan Bartfeld Bath Bauche, La Beaulieu Benasque Benavente Ben Haroun Berg Besenvöfalva Bétaille Bigorre Rirkenfeld Bleichbad Blumenstein Bonnington Bösing Bottaccio Boulogne-sur-Mer

Bourhon-Laney Braga Bramstadt **Brûckenau** Bruttalen Budis Builth Burnham

Bussang Buzias Cabez a del Busy Caldini White Sulphur Springs Wiesloch Wildhausbad

Wilhelmsbad Willoughby Winterbach Wipfield Wittekind Wolfs Yeste Yeuzet Zante

FERRUGINOUS WATERS.

Calw Camarès Cambo Campagne Cande Candin Canena Cannstadt Caprifico de Valaspra Caprenne Carlsbrunn Casnefouls Castel-Connell Castel-jaloux Castellamare Castroreale

Castroreale
Castel San Pietro
Catania
Cattenaja
Cauquedes
Cayla, La
Cecinella

Ceresole Cesalpino Cetona Chabetout Chapelle-Godefroy, La Charbonnières Charlottenbrunn

Cedres

Celles

Charlottenburg
Chateau-Gontier
Chateauneuf
Chateldon
Chatel-Guyon
Chandefontaine
Cheltenham
Chemille
Chiatamone
Chiusa dei Monaci
Chiusaloriano
Civilliano

Clermont Cleves Combe-Giràrd Contrexéville Cornicella Corticella

Couchon Courmayeur Courpière Cours Courtomer Crailsheim

Crèche Credo Crol, Le Cudowa Cuervo Czacko

Czacko Czarskow Daneverd Desaigues Desvres

Dinan Dios-Györ Dios-Jenö Dirsdorf

Dirsdorf
Disznopatak
Dives
Dobberan

Dolha Domeray Dorfgeismar Dorna Douai

Drahowa Draitschbrunnen Driburg

Driourg
Drise
Drise
Drumrastel
Duivon
Durtal
Ebeaupin
Ebriach
Eckartsbrunnen
Ecuillé
Eghegh

Eisenbach Eisenberg El Hammam

Elba Elizabethbath Flöpathak Elster

Engistein Erdöbenye Erlaehbad Ernabrunnen

Ernabrunner Escoriaza

FERRUGINOUS WATERS-continued.

Espinoso del Rev Evolena Faleiano Falkenberg Falü-Szlatina Farette Felső Neresznicze Felső-Visso Ferranehe Ferreira Ficoncella Fideris Flinsberg Folkestone Fonsainte Fonsrouilleuse Fontaigre or Sorède Forceral Forges-les-Bains Forges-les-Eaux Fossino Franzensbad Frasersburgh Freienwalde Freversbach Fuen-Caliente Fuente-Sublantina Gaberneg Gabian Gagliana Gais Gava Gavorrano

Geilnau Geitschberg Genestelle Gerace Geroldsgrün Giglio Giuneo Marino Glaine-Montaigut Glanagarin

Gleichenberg Gleissen Gloucester Godelheim Godesberg Golaise, La

Goldbaeh Goldberg Gonten Gortwa-Kisfalú Gournay Graena Gramat Grandevrol Grasnawawoda

Grasville l'heure Greifenberg Griesbach

Griesbad Grinneaux Grüben Grundhofen Gurnigel Gustafsberg Halsbrücke Hambach Hammam Rirha Hanan

Hardek Harrogate Harsfalva Hartfelt. Harwich Hassan-Paeha Heekinghausen Heiden Heiligenstadt Heinrichshad Heinrichbrunnen Helenskilde Helmstadt

Hermsdorf Hermannsbad Hernősand Hervideros de Fontillesea. Hervideros de Fuen

Hervideros de Villar del Pozo

Heucheloup Hinnewieder Hofgeismar Hohenberg Hohenstein Holywell Holywood Homburg Homok Homorod Horn Houches, Les Hoznayo Hozumezö Humera

Hunstanton Ilkeston Hsenburg Imnau Imola

Innichen Inselbad Islington Ivanyi lvoniez

Jacintos, de los Jacobfalya Jahodnika

Jallevrac Jamnieza Jaróslaw Jelen Jenatz Joanette

Johannisbad, nr. Mel Johannisbad, nr. Pardubitz.

Johnstown Jordansbad Josefsbad Kabolapolyana Kainzenbad Karlsruhe Kaschin Kaudenbaeh Kellberg Keruly Kilkenny College Kilrush Kinsale Kiralymező Kis-Sarós Klaussen

Klein-Chocholna Klieningen Knutwyl Kobersdorf

Königswarth Korsow Korvtniea Kõtschenowa Kronberg Krzessow Kugelbad Kunzendorf Kuppis Labestz Biscava Laevillers Lago d'Averno Laifour Lamchied Lanaskede Langenberg

Lantenthal Larivière Leamington Lendershausen Levana Levico Lichtenthal Liebenstein Liebwerda

Lindenholzhausen Lipetsk Lippspringe

Llandridod Llandwrtyd Löbenstein

FERRUGINOUS WATERS-continued.

Lochbachbad Lodova Loëche-les-Bains Luchon Lucsky Luisenbad Luxburg Luxeuil Luvando Macon

Mád Madonna-a-Papiano Magnac

Malmedy Marcols Marienbad Marmolejo Martigné-Briand

Martinique Martres de Vevre Mastinecz Mattigbad

Mecina-Burbaron Medewi Melksham

Melos Meltingen Mendaro Mercatale Mina Nova Mirandela.

Mitterbad Modum Moha. Mölin

Molla. Moncada v Reitach

Mondariz Mondon Montalceto Mont Amiata Mont Dore Montanejos Montchauson Montégut Ségla Montlignon Mont-Louis Montmirail Monte Rotondo

Montner Morba

Mscheno Mula. Münchshofen Münsterberg Müskau

Naumburg

Naples

Morgins

Neuenheim Neskutschnoie Neu-Lubiau Neumarkt

Navaias

Neudorf

Navalpino

Neu-Ragoczi Neuschwalheim Neustadt-Eberswalde

Nieder-Langenau

Nicdernau Nitrolis Nördlingen Nowosselja Ober-Brambach Oberhergern Obermendig

Obernhaus Ober-Rauschen-

bach Obladis Ochsenhausen Olafalú Olliergues Oppenau Orezza Origny Oriol

Osterfingen Osterspay Otschin Ottobad Ovarzun

Palazonia Pandraux Pannanich Pantano Panticosa

Parád Parchim. Passy Paterno Penna, La Pejo

Pergine Pesolina Pesth Petraglia Piedrabuena Pierrefonds

Pignol Piguien Pilsen Pisciarelli Pistyan

Pizzofalcone Plaine, La Plan, Le

Planchamps Plombières Po-Csevicze Pogetti

Poggetto Theniers Poggio Curatale Poggio Pinci

Pojan Polena Polzin

Pont á Mousson Pontano

Popoli Porla Porte

Port Thareau Portugos Pötsehnig

Potsdam Pougues Prades-Vernet

Prenzlau Prompsad Provins Prugues

Puertolano Puzzichello Puzzola

Pyrawarth Pyrmont Rabbi

Radeberg Rakós Ramloza Randamel Ranigsdorf Rastenberg

Ratzes Real Casa de Campo

Recoaro Reiboldsgrün Reinerz

Renlaigne Rennes Reyrieux Rigi Scheideck

Riguardo Rima-Brezó Rio

RioloRio Tinto Rippoldsau

Rodna.

Rohitsch Roisdorf Rolle Roncegno Roncevaux Reaneburg

FERRUGINOUS WATERS-continued.

Ronneby Ronya Roselle Rosenheim Rosswein Rothenuffeln Roznan Rouzet Royat Rove Ruhla Sail-les-Bains

Sail-sous-Couzan Sadschütz St. Alban St. Denis St. Diery

St. Martin de Fenouilla St. Maurice St. Moritz St. Myon

St. Nectaire St. Ours St. Pardoux St. Peter St. Pierre St. Prieste

St. Prieste la Roche St. Quentin St. Řemy St. Sautin St. Ubrich St. Vallier Ste. Heléne Ste. Madeleine Ste. Marie Saelices Salins Moutiers

Salles Salzschlirf San Bartolomé de la

Cuadra San Bernhardino . San Casciano

San Filippo Santa Filomena de Gomillaz

Sangerberg San Giuseppe San Leopoldo Santa Cesarea Santorin

Sarcey Sasso di Maremma Savergnolles Sameats Saundersfoot

Schelesna Wodsk

Scarborough Schandau Schimberg Schmerikon Scholey Mountains Schwalbach

Schum Scenols Schwallengen Schwarzbach Schwelm

Sciacca Sesavnik Seewen Segray Segre Sentein Seravalle. Shotley

Sibitschudi-Suz Sid Siekeriki

Sigliano Silvanés Siradan Sixt Soden

Source des Cèdres Sohl

Spa Starbeck Stavenhagen Steben Steinheyde Sternberg Snio Sulzbach Sumas Aguas Suot-Sass Szaldobos Szczawnicza Szliacz Szombat-Falva Szulin Talamonaccio

Tapolez-Bisztra Tarna Tarascon Tarasp Tatzmannsdorf Telgart Tenby Teneke

Teplitz Teplitz Schönau Terme Luigiane Termini Castroreale Teinack

Ternaut Terrau Testa Thalgut Tharandt Thera Thermia

Thesbis Spring Tivoli Tolpa Tongeren Toropetz Torres-Vedras

Tortosa Trebas Tremiseau Trillo Trois-Torrens Trollière, La Truskawice

Tunbridge Wells Tusnád Twer Tynemouth Ueberlingen Ugod Uhlmuhle Undary

Unter-Miczinve Urberoaga de Alzola Utzera

Uzsók Vale Szkragye Valdeganga Valdepenas Vallach Valle de Rivas Vals Vilo or Rosas Villar del Pozo

Várgéde Varennes Vaugniéres Veierbach Velmont Vicarsbridge Vie-le-Comte Vic-sur-Cer Victoire Vidago Vignone Vihnye Visk Vitry

Vittel Vizella Waldstatt Wassacherberg Wattenweiler White Sulphur Springs

Wiesau Wildungen Wilhelmsbad

Wolfach

LIME AND EARTHY WATERS.

Acqua Santa Acqui Adelholzen Ais (Provence) Al-Gyógy Alhama de Murcia Allerardd Andeer Aramayona Aranzarre Baden (Austria) Badenweiler Badenweiler Bagni-à-Acqua

Barambio Barèges Bath Belleville Benimarfull Bentheim Bergallo Bex Bigorre

Boll

Bormio
Breig
Bruszno
Bubendorf
Buxton
Caille, La
Caldas de Cuntis
Calliano

Calliano Castel Doria Cauvalat-le-Vigan Cave Cervera Charlottenburg

Cheltenham Chios Clifton Cransae

Cristo (Acqua di) Derrindaff

Derrinda Digne Driburg Eilsen Ems Encausse

Eppenhausen Faënza **Felsö-Ruszbach** Ferreira

Filetto Fitero Fumades **Füred** Gagliana

Grosswardein Gyrenbad Hammam Berda

Hechingen Heckinghausen Heilstein Heppingen Hohenstein Ibenmoos

lberg
Kirchberg
Kirchleerau
Kiszlawodsk
Klieningen
Krähenbad
Krapina-Töplitz
Laguna de la Higuera

Langensaiza Lassere Lauchstadt Lauterbach

Lippspringe Loëche-les-Bains

Losa Leuk Losdorf Lucca

Mariabrunenbad Marmolejn Matlock-Bath Medagues Mindelheim

Neskutschnoie Nenndorf Neuschwalheim Oberladis Osztrovsk Peiden Piguien

Pistyan Pitigliano Poggetti Pongyelok Pré St. Didier Pystián

Quinto Radeberg Radein Ransbad Rehburg Rennes

Rietenau Römerbad (Switz.) Röslibath Rosswein Röthenbach Ruszpolyana

St. Armand St. Boes Salies Salinetas San Georgen Staden Stuben

Stuben Sulz Szklo Tatzmannsdorf

Teinach Theissholz Tüebingen

Ugod Unterbad Uriage Urnäschen Vellebro Villaro Vittel Waldstatt

Waldstatt Wildungen Wolfs

HYDROPATHIC ESTABLISHMENTS.

Acireale Albisbrunn Alexandersbad Alexisbad Amphion Assmannshausen Baden (Austria) Baden-Baden Ben-Rhydding Bishops-Teignton Blaumes-les-Bains
Blazewitz
Brestenberg
Brides
Badenweiler
Bendorf
Berg
Bex
Bournemouth

Brighton

Buxton Carnstadt Carlsbad Champel Charlottenberg Claremont Park Clifton Coombe Wood Crieff Divonne

HYDROPATHIC ESTABLISHMENTS-continued.

Eckerberg Eggenberg Eichwald Elgersberg Empfing Ernsdorf Falkenstein Feldberg Frohnleiten Gainfahrn Geltschberg Gérardmer Gleisweiler Giesshubl Görsbersdorf Godesberg Goteborg Grafenberg Harsfalva Hilversum Herne Bay Hohenstein Homburg Ilkley Ilmenau

Ischia

Ischl Johannisberg Kaltenleutgeben Königsbrunn Königstein Kreischa Kreuzen Langenberg Laubbach Lauterberg Leamington Liebenstein Luisenthal Malvern Matlock Michelstadt Nassau Nice Ohrdruff Ottenstein Peebles Pitlochry **Plombières** Radegund Recoaro Reichenau

Ruhla RvdeStc. Catherine St. Moritz Searborough Schmecks Schöneck Schönbrunn Schwarzenberg Schweizermühle Southport Teplitz-Schönau Troutbeck Ullswater Ustrom Veldes Villa d'Este Vichy Vöslau Wartenberg Wemyss Bay Wiesbaden Woodhall Spa Wörishofen

Roznau

Stuer

NATURAL STEAM GROTTOS (Stufa).

Abano Ammoniacal Gas Spring Astroni Battaglia, La Budos Bullycome Caccinto Castiglione

Citára Civita Vecchia Felső-Ruszbach Grotto del Canc Gurgitello Lemmos Lipari Islands Monsummano Naphta

Reinbeck

Rippoldsau Rothesay

Riolo

Nerone Pantalaria. Petraglia. Pisciarelli Plombières San Germano Testaccio Torre del Grecco

SEA BATHS.

Abazzia Aberayron Aberbrothwick Aberdaron Aberystwith Aboukir Agen Ajaccio Alassio Aldborough Alderney A'icante Algoarta Allonby Almweh

Amroth Anacapri Ancona Appenrade Appledore Arcachon Ardrossan Arenas (Las) Arnside Arromanches Asnelles Astillero (El) Aviles

Alnmouth

Ambleteus

Ballycotton Bangor Bantry Bari Barouera (La) Barmoutn Reaumaris Bernières Berwick (North) Beuzeval Bexhill Biarritz Bilbao Birchington

Blackpool

SEA BATHS-continued.

Blankenberghe Blazewitz Bognor Boltenhagen Borbye Borkum Boulogne-sur-Mer Bourg d'Ault Bournemouth Bray Bridlington Quay Bridport Brighton Brindisi Broadstairs Brought Ferry Bruneval Bude Budley Salterton Büsum Cabourg Cadiz Calais Cambeltown Candas Cannes Cap d'Antibes Carbagnal Carteret Carnaryon Castellamere Castro Urdiales Catania Cayeux Cherbourg Clacton-on-Sea Cleethorpes Clevedon Clynnog Vawr Colberg Comillas Colwyn Bay Coney Island Corfu Courseuilles Courtmacsherry Coutainville Cowes Cranz Criccieth Criel Croisie, Le Cromer Crosshaven Crotoy, Le Cullercoats Cuxhaven Dale Dalkev

Dangast

Dartmouth Dawlish Deal or Walmer Castle Deanville Deva Devonport Dieppe Dievenow Dinard Dives Dobberan Douarnenez Douglas Douville Dover Drogheda. Dunbar Dundrum Dunkerque Dunmore Dunoon Durness Dusternbrook Eastbourne Eckernförd Erqui Etretat Exmouth Falmouth Fano Fécamp Felixstowe Fleetwood Flint Föhr Folkestone Fontarabbia Fowev Fraserburg Freshwater Friedrich Wilhelmsbath Gigon Glengariff Glücksburg Gourock Grandcamp Grange-over-Sands Granville Grao Gravenstein Gravesend Great Yarmouth Guernsey Guetaria Gustafsberg Hafkreuz \mathbf{H} apsal

Hartlepool

Harwich

Hastings Hâvre, Le Hayling Island Heiligenhafen Helensburg Heligoland Helsingfors Hennebon Heringsdorf Herne bay Hevst Holkham Holyhead Holywood Home-Varaville, Le Honfleur Hornsea. Houlgate Hourdel Hovehampto Howth Hunstanton Hyères Hythe Ilfracombe Instow Ismailia Junqueiro Katwyk Kiel Kilkee Kilrush Kinsale Klutz Kopenhagen Langrune Laredo Largs Lee Lequeitio Legné St. Brieuc Lepouliguen Lion-Snr-Mer Lisbon Littlehampton Littlehaven Livorno Llandudno Llanes Llanfairfechan Llangranog Llanstephan Longbranch Lowestoft Luanco Luc-sur-Mer Lulworth, West Lymington Lyme Regis Lynmouth

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SEA BATHS-continued.

Lytham Mablethorpe Madeira. Maestrand Malahide Malta Margate Marienlust Marsala Marseilles Marstrand Massa Melcombe-Regis Mentone Mers Messina. Middelkerke Millport Minehead Misdrov Monaco Morecambe Mumbles Mumby-cum-Chapel Muritz Nahaud Nairn New Brighton New Quai (Eng.) New Quai (Wales) Nice Norderney Nouvelle, La Oban Odessa Oesel Ondarroa Oporto Ostende Paignton Paimpal Palermo Paramé Passage Pegli Pembrev Penarth Pendine Penmaenmawr Penzance Pesaro Pescara Petites Dalles, Les Pizzo, Il Plymouth Pontaillac Pontrienx Pornie Portland

Portobello

Portugalete Port Bail Port en Bessin Port Rush Port Said Port Steward Pouliguen Pouroille Putthus Pwllheli Queenstown Quinéville Ramsay Ramsgate Redear Regneville Rhyl Rimini Roscoff Rosstrevor Royan Rugenwaldermünde Runcorn Ryde Ryhope Sables d'Olonne St. Andrew St. Anne's-on-Sea St. Bees St. Briae St. David's St. Gildas St. Jean de Luz St. Lawrence St. Leonards-on-Sea St. Lunaire St. Malo St. Marie St. Mary's St. Pair St. Raphael St. Valery en Canx St. Valery sur Somme St. Vaast la Houque Ste. Adresse Salcoaths Salcombe Saltburn-by-the-Sea Saltfleet-Haven Sandefjord Sandgate Sandown San Lorenzo San Remo San Sebastian Santander Sardinero (El) Saturraran Sassnitz

Saundersfoot

Scarborough Scheveningen Seaford Seascales Seaton Seaton-Carew Sea-View Shanklin Shap Sheerness Sidmouth Silloth Sinigaglia Skegness Skinburness Sorrento Söulac-les-Bains Southampton Soutbbourne Southend Southport Southsea South Shields Southwold Spezia, La Stromstad Suances Sutton Swanage Swansea Swinemunde Sylt Taormina Teignmouth Teste, La Thurso Bay Torquay Totland Bay Toulon Towyn Tramore Trani Travemünde Tremblade, La Treport, Le Trieste Trouville Uleaborg Upton Val André, Le Valencia Vaxholm Venice Ventnor Veules Veulettes Viareggio Villefranche Villers-sur-Mer Villerville

SEA BATHS-continued.

Walton-on-the-Naze Wangeroog Warnemünde Warrenspoint Warnicken Watchet Wells Wemyss Bay

Westerland Sylt

Westgate-on-Sea Weston-super-Mare Westward Ho Weymouth Whitburn Whitby Withernsea Worthing Wyk Wyk aan Zee Yarmouth Yport Zandvoort Zarâns Zinnowitz Zoppot Zwolle

CLIMATIC AIR STATIONS.

Abazzia Adelsberg Aigle Ajaccio Alassio Algiers Alicante Almeria. Alphacht Altenau Alton Towers Alveneu Amalfi Ambleside Amélie-les-Bains Amphion Anacapri Annecy Antibes Aerendsee Areachon Arco Arenzano Armweiler Arnsdorf Arosa Auerbach Aussee Avenfels Axenstein Baden (Austria) Baden-Baden Badenweiler Bagnères de Bigorre Ballater Beggenried Belalp Bellaggio Berchtesgaden Berneck Beuren Bex Biarritz Blankenheim

Rodendorf

Boppard Bordighera Bonnedorf Bormio Botzen Bregenz Brannenburg Brestenburg Bridge of Allan Brighton Brixham Bretterode Buckwald Bürgenstock Bushev (The Hall) Cadenabbia Cairo Cambo Campfer Cannes Cannstadt Capri Carlsbrunn Casamicciola Castellamare Catania Cauterets Chamounix Chiatamone Chiavari Churwalden Clausthal Clifton Coburg Coire Colico Como Corfu Cornigliano Ligure Courmayor Davos Divonne-les-Bains Eaux-Bonnes Eckerberg

Elche

Ems Engelberg Erdmannsdorf Farnbuhl Feldberg Felsenegg Fischhach Fladnitz Flims Franenstein Friedrichroda Friedrichshafen Füssen Garmisch Geltschberg Gerace Gerardmer Gernsbach Gersau Gmunden Godesberg Görbersdorf Görz Gössweinstein Grasse Greifenberg Gries Grindelwald Gurnigel Harsfalva Hastings Heidelberg Heiden Helwan Hermsdorf Herrenalb Honnef Hyères llfracombe Ilmenau Immenstadt. Innsbruck Interlaken Ischl Johannishad

CLIMATIC AIR STATIONS-continued.

Jugenheim Kammer Kainzenbad Katzhütte Korytnica Kreuth Kreuzburg Kreuzen La Cava dei Jereni Laubbach Lausanne Leprese Lesina Liebwerda Lindau Lippspringe Lisbon Livorno Löbenstein Lochwitz

Loëche-les-Bains

Lucsky
Lugano
Luisenthal
Luksor
Madeira
Malaga
Maloja
Malta
Malvern
Mammern
Martigny
Mattigbad
Mederndorf

Meran Merligen Meta Messina Miesbach Moffat Mogador Modum Monaco Monte-Carlo

Mentone

Montreux Morgins Muggendorf Mühlau

Mühlau Murcia Mürren Mürzzuschlag Naples Nervi

Neuschmecks Nice Niederndorf Nordrach

Obermais Ober-Rauschenbach Oberladis

Oberladis Oberstdorf Oberwinter Ollon

Ottenstein Oybin Palermo Pallauza Pallestrina Parád Parpau

Pau Pegli Penzance Petersdorf

Phantasie Pisa Plombières Pontresina Pörtschach

Preblau
Pyrawarth
Ramleh
Rapallo

Reiboldsgrün Rippoldsau Riva Rome Römerbad Rorschach Roscnheim

Roznau Rudolfszell St. Cergues St. Moritz St. Raphael Sachsa

Salcombe Salerno Salo

Salzburg (Salzkamergut) Samaden San Remo

Sannaden San Remo Santa Margherita Schandau Schleusingen Schliersee Schmécks Schmerikon

Schmécks Schmerikon Schmiedeberg Schönbruun Schreiberhan Schwarzbach Schweizermühle Seelisberg Seewis Seney

Seewis
Sepey
Sestri Ponente
Sonneberg
Sorrento
Sonthofen
Spezia, La
Spiekeroog
Steinabad
Steinerhof
Stelborg

Spiekeroog Steinabad Steinerhof Stolberg Streitberg Stresa Sutinsko Tambach Tarasp Taormina Tatzmannsdorf Tegernsee

Tegernsee
Teufen
Thale
Thoune
Tissington
Torquay
Tobelbad
Triberg
Trieste
Thiffer

Tuzsnád Urach Valencia Veldes Venice Vetau Vevey Veytaux Viareggio Villefranche

Villeneuve Vihnye Vöslau Wartenberg Weggis Weinheim

Weisser Hirsch Wernigerode Wiesbaden Wiesen

Wildbad Wolfsanger Zakopane Zermatt Zug

WINTER STATIONS.

Abbazia Acireale Ajaecio Alassio Algiers Alicante Almeria Amalfi Amélie-les-Bains Anacapri Antibes Arcachon Arco Arenzano Arosa Beaulien Biarritz Bigorre Bordighera Brussa Cairo Cambo Cannes Cap d'Antibes Catania

Corfu

Cornigliano-Ligure Dagh Haman

Davos Elche Görbersdorf Görz Grasse Gries Hammam R'irha Helwan-les-Bains Huelva Hvères Innsbruck Lambbach Leghorn Lesina Lisbon Livorno Larvor Madeira Malaga Malta Malvern Mentone Meran Messina Mogador Monaco Monte-Carlo

Mustapha-Supériéure Naples Nervi Neuschmecks Nice Palermo Pau Pegli Pisa Rome St. Jean de Luz St. Moritz St. Raphael Salerno San Juan de Campos San Remo Santa Margherita Schmecks Sestri-Ponente Sevilla Smyrna Spezia, La Taormina Valencia Venice Villefranche Wiesbaden

GRAPE CURE.

Montpellier

Murcia

Bex Bodendorf Botzen Dürkheim an der Haardt Erdöbenye Gleisweiler Görz Johannisberg Laubbach Lausanne Lesina
Levico
Locarno
Lugano
Madeira
Markammer
Meran
Montreux
Neustadt an der
Haardt

Sulza Vevey Vihnye Vöslau Wachenheim Wiesbaden Zug

San Lorenzo

Sinzig

WHEY CURE.

Aix-les-Bains
Albisbrunn
Alpnacht
Andeer
Appenzell
Axenfels
Axenstein
Baden (Austria)
Baden-Baden
Badenweiler
Belalp

Aigle

Berneck
Beuren
Bex
Bistritz
Blackenheim
Branmenburg
Cauterets
Chamounix
Eggishorn
Ems
Ernsdorf
Flims

Frazensbad
Gais
Giesshübl
Gleissweiler
Gmunden
Görbersdorf
Göz
Grindelwald
Habernba
Heiden
Interlaken
Tsehl

WHEY CURE-continued.

Jenatz Jungbrunnen Kanitz Karlsbad Kammer Kierling Kirchberg Kreuth Kreuznach Kronberg Laubbach Liebenzell Liebwerda Lindan Loëche Marienbad Méran Miesbach

Mödling Montreux Morgins Münster am Stein

Mürren Neundorf Nuenahr

Neustadt an der Haardt Nieder Langenau

Ober-Rauschenbach Oberladis Orenburg Ottenstein Parád Partenkirchen Piguien Phantasie Plombières

Pontresina. Rabbi Reichenau Reichenhal Reutlingen Rigi

Rippoldsau Rosenan Rothwell Roznau St. Moritz Salsbrun Salzburg (Tyrol)

San Lorenzo Schinznach Schönbrunn

Schöneck Seelisberg Secon Sinzio Steinabad Sternberg Streitberg

Szczawnicza Tegernsee Teplitz-Schönan Triberg

Tuffer Ullersdorf Unterseen Ustrom Veldes Vevev Vöslau Waidhaldenbad Warmbrunn Wattwyl Weggis

Weissenstein Wildhaushad Wiesbaden Wildbad Zavelstein

 $Zu_{\mathcal{I}}$

THE DICTIONARY.

AACHEN.-Prussia. See Aix-la-Chapelle.

Abano.—Italy, Venetia, near Padua. From London by Ostend, Laon, Basle to Milan in 24½ hours, thence 141 miles in about five hours to Padua, from which place Abano is distant six miles (by rail 15 minutes).

Brom-iodide saline lithia waters, 200° F.

Mud baths, Fangotherapy, massage, hydro-electric baths.

Medical gymnastics. Montirone waters for drinking.

Season: 1st June to 15th September.

Special indications: Rheumatism, arthritis, sciatica, scrofula, herpes, gout, ovarian and uterine inflammations, tertiary syphilitic affections.

This place, known to the Romans as Acquæ-Aponenses, contains now 5,000 inhabitants. The principal cure is by mud baths. The mud is applied locally to affected parts, and the vapour in steam baths.

Doctors: Prof. Comm, Achille de Giovanni, Cav., Dr. U.

Salvagnini.

Hotels: Orologio and Todeschini.

Abas-Tuman.—Russia, Caucasus, near Achalzich, 3,500 feet above sea level.

Sulphuro-saline waters, 110° to 120° F. Similar to Aix-les-Bains and Canterets, but less rich in mineral constituents.

Special indications: Rheumatism, articular contractions,

arthritis, atonic ulcers and mercurial dyscrasia.

The establishments offer but little comfort. The scenery is wild and grand, and game very abundant. There is a tradition that the waters were used by Alexander of Macedon.

Abbach.—Germany, Bavaria, near Ratisbon, on the right bank of the Danube; altitude, 1,140 feet; population, about 1,400.

Alkaline waters.

Special indication: Abdominal plethora, hamorrhoids, &c.

Doctor : Dr. Bally.

Abbazia.—Austria, Istria, near Fiume, 13 hours from Vienna, Abbazia-Mattuglie Station.

Winter station. Season: November to May.

Sea baths. Season: June to October.

Grape cure.

Special indications: Affections of the larynx, pharynx and chest, heart diseases.

Abbazia is a new and rising station, one hour's drive from Fiume. It is situated on a small bay of the Adriatic, and is well protected against north, east and west winds. The Bora is deprived of much of its evil influence by the adjacent island of Veglia. Hydropathy, milk and grape cures. Mean temperature, 50°.

Doctors: Prof. Glax, Ambrocz, Eltz, Szigeti, Szemere, Szontagh, Tamaro, and Tripold.

Hotels: The Archduchess Stephanie and Quarnero.

Dépendances and Villas.

Abensberg.—Bavaria, situated on the Abens, near Ratisbon, on the Ingoldstat-Regensberg Railway.

Alkaline baths and sulphur springs.

A small health resort in lower Bavaria. Pop. 2,500.

Special indications: Rheumatism, gout, skin diseases.

 $\begin{tabular}{lll} \bf Aberayron.-Wales, Cardigan shire, between Cardigan and Δ berystwith. \\ Chalybeate waters and sea bathing. Sandy beach. \\ \end{tabular}$

Aberbrothick or Arbroath.—Scotland, Forfarshire. 16 miles from Dundee.

Sea baths and cold ferruginous carbonate waters.

Special indications: Scrofula.

Season: July-September. The climate is mild, and the town sheltered from easterly winds.

Hotel: The Albion.

Aberystwith.—Wales, Cardiganshire, by London and North-Western and Great Western Railway, in nine hours. 2,000 feet above the sea on Plynlymon.

Season: May-October.

Sandy sloping beach. Sea baths and ferruginous waters.

There is an establishment for hot and cold baths. As a summer resort Aberystwith is well known, but as a climatic winter resort, it has not yet been so well recognised as it deserves to be. Being sheltered from the North and East winds by mountains, the winter temperature is mild and equable, frost and snow are rarely seen. The prevailing wind in winter and spring is S.W.

Special indications: Children predisposed to tuberculosis, glandular enlargements, influenza after acute illness.

The water supply from a lake is abundant and pure.

Seat of the University of Wales.

Hotels: The Queen's, The Cambria.

Aboukir.—Algiers, province of Oran, near Mostaganem, near the Mediterranean, and 79 k. from Oran.

Sea baths and saline spring.

Acireale.—Italy, Sicily; 35,000 inhabitants; 550 feet above sea level; on the southern slope of Mount Etna; two hours from Messina.

A winter station.

Sulphuro-saline waters of Santa Venere, 70° F. Milk and whey cure, Hydropathic establishment.

Season: All the year round.

Special indications: Pulmonary phthisis, chronic bronchial catarrh, emphysema, pneumonia, anæmia and chlorosis are benefited by the climate in winter; rheumatism, gout, the uric or oxalic acid diathesis, anchylosis, obesity, latent scrofula, paralysis and neuralgia, mercury, lead and arsenical poisoning are benefited by the waters.

The climate of Acireale is very dry and mild. Mean winter temperature 55° F. The variations are rarely more than 10°. The number of rainy days in the year ranges between 30 and 50, but does not exceed the latter. Snow and fogs are unknown. Windy days are less in number than on the Riviera, and there is a complete absence of dust. The prevailing winds are the S.E., S.W., S.S.E., and E.S.E. The air is very rich in ozone.

Post and Telegraph in the Hôtel des Bains. Doctors are attached to the establishments.

Hotels: The Grand Hôtel des Bains.

Acqua-Acetosa.—Italy, Rome, outside Porta del Popolo.

Bicarbonate ferruginous waters, 33° F.

Special indications: Convalescence from intermittent fever.

Acquæ-Albulæ.-Italy, 35 minutes from Tivoli; 50 minutes from Rome by steam tramway.

Sulphurous-saline waters, 75° F.

Season: Open all the year round, but the principal season is from April till November.

Special indications: Chronic ulcers, atouic and relaxed conditions of the mucous membrane generally, chronic skin diseases

and rhenmatism.

The establishment is one of the best of its kind in Europe as regards buildings and appliances. The supply of water amounts to 5,000 quarts a second. In this respect, and also in the quantity of sulphurous acid they hold in solution, these waters are second to none in Europe of their kind. They were very famous in Roman times, and much frequented. Owing to the copious supply, the water is being constantly renovated in the baths. The establishment contains four large swimming baths, without including the commoner baths for soldiers and the poor. There are also 200 separate baths, with dressing-rooms, pavilions for families, cold and sulphurous water douches,

inhalation chambers and a large restaurant, at which the prices are moderate. All appliances are thoroughly efficient.

Three doctors are constantly in attendance at the baths. For further information address the joint proprietor, Com.

For further information address the joint proprietor, Com. Ign. Faust Anderloni, Rome.

Acqua-Raineriana.—Italy, Padova, near Venice, in the vicinity of the volcanic lake of Arqua.

Sulphnrous waters, 70° F., containing a considerable quantity of free sulphuretted hydrogen.

Special indications: Skin diseases, such as herpes and psoriasis, scrofulous affections, and debility of the digestive organs.

Notwithstanding its disagreeable taste, the water is chiefly used internally; if used externally, it is generally mixed with sea water.

Acquarossa.—Switzerland, Canton Tessin, near Biasca, on the St. Gotthard Railway.

Thermal springs, 78° F., 1ich in iron, arsenic and lithia;

used both externally and internally.

The village (1,800 feet) stands at the foot of the Simano Mountain (8,500 feet), near the junction of the Val Blenio with the Val Ticino, amid beautiful scenery and a rich flora.

Season: May to September.

Special indications: Internally the water is curative in gout, scrofula and skin affections. Baths prove efficacious in nervous, rhenmatic and skin diseases.

Acqua-Santa (Terme di).—Italy, province of Ascoli-Picena. Railway to St. Benedetto del Tronto, thence by carriage, 4½ hours. Omnibus, 3 fcs. each person. Cariages, one horse, 15 fcs.; two horses 25 fcs. 1,200 fcet above sea level.

Saline-sulphurous waters, with traces of bromine and iodine,

85° F.; steam, shower and mud baths. Inhalation.

Season: June to September.

Special indications: Chronic inflammation of the skin, mus-

cular and articular rheumatism, syphilis, scrofula.

The establishment built in 1843 has been recently furnished with all modern appliances. Several hotels, and pensions ranging from 6 fcs. to 10 fcs. a day.

Acqua-Santa is a quiet spot, with delightful walks and excursions. Post and Telegraph Office.

Doctors: Drs. Bellini and Tucci.

Acqui.—Italy, Piedmout, 21 miles S.S.W. Alessandria, viá Mont Cenis and Turin. Population 12,000. Altitude about 450 feet.

Three springs. Iodide and sulphate of lime waters, 178° F.

Muds. Hot sulphur springs.

Special indications: Indolent articular affections, local paralysis, rheumatism and sores of an atonic character, and syphilis.

The sojourn at Acqui is not considered particularly agreeable, owing to the dampness of the climate.

Doctors: Drs. Dom. de Alessandri, Maggiora, Gabarino, Ottolenghi.

Hotels: The Thermes, Grand, New Grand, and Italia.

Adelheidsquelle.-Germany, Bavaria, station Tölz. In the village of Oberheilbrunn. Altitude 2,500 feet. About 70 miles from Munich.

Bromo-iodurated saline waters, 24° F. 5.93 per cent. mineral

constituents.

Special indications: Scrofula, obesity, affections of the bones, goitre, inflammatory affections of the ovary, uterus and eyes. Doctors: Drs. Grundler, Hasselwander.

Adelholzen.—Germany, Bavaria, near Traunstein, on the Munich and Salzburg line. Altitude 2,500 feet.

Bicarbonate of lime spring. Terrain cure.

Doctor: Dr. J. Liegl.

Adelsberg.-Austria, Carniola, near Laybach.

A climatic station in spring and autumu, very charmingly situated.

The town is visited chiefly on account of the "Grotto of Adelsberg," which is without exception the grandest and most remarkable natural excavation in Central Europe. To visit it thoroughly requires about two hours.

Hotel: The Adelsberger Hof.

Æsculap Water.-See Buda Pest.

Aigle.-Switzerland, Canton Vaud, between Montreux and Bex, 1,380

feet above sea level.

The waters contain carbonate of magnesia, sulphate of lime, and bicarbonate of potash, as well as pure carbonic acid gas. There are full facilities for hydrotherapeutic treatment, and the "grape cure" is systematically carried out.

The Kurhans Hôtel is well fitted up and thoroughly comfortable. The scenery is romantic. Within easy drive of Aigle are several places rapidly becoming recognised as health resorts. Among these Diablerets, both summer and winter station, with good hotels. Chateau d'Oex and Leysin, much frequented by consumptive patients. Aigle possesses a beautiful English church.

Season: From 15th April to 30th October.

Doctor: Dr. Mehlem.

Hotels: Hotel des Bains, Bean-Site, Midi, &c.

Aincille.-France, Dept. Lower Pyrenees.

Saline water, containing 135 grammes of salt to the litre. The mineral constituents are derived from a mass of rock

Aix-la-Chapelle.-(Aachen) Germany, Rhenish Prussia, is reached in about 12 hours from London viá Calais, Ostend or Flushing to Bruges, Ghent, Malines, Verviers and Herbesthal; (1) £2 8s. 10d. (2) £1 15s. 4d. The town is situated in a valley, 450 feet above sea level, in the hilly country on the foot of the Fens. The average temperature throughout the year is 54.5° F., the relative dampness of the air reaches on an average 75 per cent.

Hot sulphurous alkaline waters from 116. 5° to 166. 2° F. Special indications: Rheumatism, gout, cutaneous affec-

tions, syphilis, neuralgia.

Physicians: There are about 70 practising at Aix, many of whom speak English fluently. Inspector of Baths: Dr. Beissel.

Booksellers: Bath, A. Creutzer & Co.

English Service:

The City of Aachen is, owing to its abundant supply of waters of high temperature, the chief sulphur bath of Germany, and well known to the English. The waters are used for drinking and bathing, and contain enough salt and carbonate of soda to produce the same effects on the mucous membrane, on the stomach and the swollen liver, as Weilbach and Wiesbaden, combining the effects of salt and of sulphur water. The action of the thermal water as a full bath is further increased by the mechanical effect of the differently heated douches, and by the vapour baths provided by the hot natural vapours of the springs.

All these modes of using the waters have a powerful alterative effect, and cause the absorption of old exudations of a traumatic and gouty nature; they increase the excretion of

uric acid, and other ultimate products of tissue waste.

The specific antisyphilitic treatment combined with the use of the hot thermal waters of Aachen has become quite a

speciality, as well as the treatment of gout.

The difference between the several springs of Aachen lies in their various temperatures and the quantity of common salt they contain. The water of the "Kaiserquelle" 131° F., said to have been found by Charlemagne, supplies the Raisbad Hôtel, the Neubard Hôtel and Konigin von Ungarn; the three springs of St. Quirinus 115°, the bathhouse of the same name; the two springs of St. Cornelius 114° rise in the new magnificent Cornelius Bath Hotel, which is lately rebuilt, and is also provided by the abundant springs of Rose 116.6° in the well-known bath house, Rosenbad Hôtel. All these bath houses belong to the Government of the town, and are managed by it. There are many other hotels which are not provided with thermal water, but where a visit is not less comfortable, and the tariffs are exceedingly moderate: Hover's Hôtel, Kaiserliche Rhone, Veullen's Hôtel, &c. The arrangements in all these bathing establishments are excellent, and the douches, as Macpherson says, certainly second to none in Europe.

The analysis of the drinking fountain (Elisenbrunnen), provided by the Kaiser spring, is as follows:—

Chloride of sodium, 26:321 Carbonate of sodium, 6:475
Bromide of ,, 0:036 Sulphate of sodium, 2:836
Iodide of ,, 0:005 Sulphide of sodium 0:136
in 10,000 c.c., i.e. in ten litres.

Aachen being a great manufacturing centre, has never neglected to make the most use of the valuable waters to which it owes its origin and reputation. The medical means of treatment were increased by the new buildings of the medico-mechanical institute (Zander's system), of drinking fountains and the erection of magnificent bath establishments, furnished with the best balneological apparatus, rooms for inhalation, vapour douches, etc. The sanitary condition of the town is very good, the canals are improved, a water supply being provided for almost every house. A recently constructed electric tram brings people in less than half-an-hour from the centre of the city to the midst of the forest, which covers the environing mountains. The demoralizing effect of gaming tables is removed; theatres, concert halls, educational establishments of every kind help to promote intellectual enjoyment and scientific training. One cannot agree with the remark that the chief disadvantage under which Aachen labours is the size of the town, for the visitors enjoy the advantage of large pleasure grounds on the top of the Loisberg, almost in the middle of the City, and shaded walks in the large forest of Aachen, as well as the advantages of the pleasures of a town, which make the stay more comfortable during rainy days and during the winter.

A fair number of English visitors may be found all the year round, as the baths are open all the winter, and owing to their excellent arrangements may be used at every season.

A prospectus containing all necessary information will be forwarded gratuitously on application to the Kur Director, Aachen.

Henrion's Grand Hotel: Connected with the Rosenbad and the new Corneliusbad. The hotel building is immediately above the latter, so that an invalid can go by lift direct from his bedroom into the corridor leading to the baths. A comfortable first class hotel.

Aix-les-Bains.—France, Savoy, 850 feet above the level of the sea; 9 hours from Paris, 7 hours from Turin, 4 hours from Lyons, 3 from Geneva, and 2 from Annecy. A steamboat plies on the Rhone between Aix and Lyons. From London in 18 hours by Calais, Boulogne or Dieppe, and thence viá Paris and Macon. Fares, 1st class, £5; 2nd, £3 15s.; return, £8 15s. and £6 5s.

Thermal sulphurous waters, containing chiefly sulphuretted hydrogen. Temperature from 114° to 117° F; these are

largely used externally for the celebrated "Aix-Douche" or douche massage, for which they are particularly adapted owing to the presence of "Glairine," which gives the water a soft quality greatly facilitating the massage manipulations. The waters are also used internally to some extent.

Season: April to November, but open all the year. Above 30,000 strangers annually visit the town.

Special indications: Rheumatism and gout are the diseases most successfully treated at Aix. Local affections dependent on or connected with these, such as sciatica, dyspepsia, cutaneous diseases, are also, with few exceptions, either cured or relieved.

Chronic catarrh of the neck of the womb, amenorrhæa, metritis, syphilis, bronchitis, laryngeal and nasal catarrh, pharyngitis, wounds by fire-arms, the sequelæ of fractures or sprains, form the bulk of cases in which the value of the Aix

waters is most generally admitted by medical men.

The town of Aix is picturesquely situated on the lower slopes of the hills which form the base of Mont Revard. It overlooks the romantic lake of Le Bourget, and lies amidst verdant meadows, vineyards and gardens, in which figs, almonds, and even pomegranates grow luxuriantly.

The resident population of the town amounts to some 8,500

inhabitants.

The mean temperature during the season, from April to October, is 70° F.

The thermal establishment is open the whole year round. Dr. Macpherson says: "There are probaby no sulphur baths in which the arrangements are so complete as in those of Aix."

"The douche," says Dr. Garrod, "forms a very important specialty in the treatment at Aix. It is used in conjunction with hot vapour, with ordinary bathing, and with the waters internally. When a larger amount of sulphur, in the form of sulphate of sodium, is desirable, the cold waters of Marlioz, situated about one mile from Aix, which contains a large amount not only of sulphur, but also of iodine and bromine, may be employed internally. In gouty affections the Aix treatment has proved most useful in these cases, (1) where the gout has manifested itself in cutaneous eruptions, such psoriasis or eczema, whether combined or not with joint affections; (2) where much passive swelling and stiffness have remained after attacks of articular gout; (3) in that form of gont which is not connected with portal congestion, and in which other thermal waters, such as those of Wildbad and Teplitz, are usually found beneficial."

The "Aix-douche" is administered by two operators, the one playing a jet of water of varying temperature upon the part under manipulation by the second attendant, who skil-

fully and rapidly puts the limbs through their range of movement and goes thorough the usual massage process over the whole surface of the body. The temperature of the water and force of the douche are of course regulated according to the direction of the physician.

Sir A. B. Garrod also says, in the Lancet of May 4th, 1889:-

"That in rheumatoid arthritis (the rheumatic gout of old writers) the value of the Aix-les-Bains course far exceeds, according to my experience, that of any other known spa."

An excellent racecourse has lately been purchased, and races take

place in July, August and September. The course is situated on the

Avenue de Marlioz.

Walks and excursions are very varied. The environs being most picturesque, an ample field is given for outdoor amusements. The principal excursions are: Annecy and the lake, les gorges du Fier, la vallée du Fier, la grande chartreuse, la vallée des Beauges, the abbey of Haute-combe la cascade de Gresy, le moulin de Primaz, etc., etc.

Aix possesses a museum with lacustrine collections from the lake of

Le Bourget.

But the greatest attractions of Aix are, without doubt, the "Grand Cercle," founded in 1824, open from April 1st to November 1st, and the Casino Villa des Fleurs. The élite of European and American society meet every year in these magnificent establishments. From April to October splendid concerts are given there by celebrated bands, while first rate artistes are engaged by both the theatres. Comedies, operas, comic operas, operettes, ballets and music hall performances are produced in turn in the theatres. Theatre season, May 15th till October 15th.

Cabs and carriages: one horse, course, 1 fr.; two horses, course, 11 fr.; by hour, one horse, $2\frac{1}{2}$ fr.; two horses, $3\frac{1}{2}$ fr.; by day and by month

as agreed upon.

Post and telegraph office. English and Scotch church.

Booksellers: H. Bolliet, Place Carnot; M. Mermoz, Rue Haldiman.

Dentists: Drs. Britten, Shillcock and Ganter.

English Asylum—Zander Institute.

Doctors: Drs. L. Blanc, Brebion, H. Cazalis, Chaboud, Coze, Dardel, Figuet, Folliet, H. Forestier, Françon, Godard, Guilland, Guyenot, Klefstadsillonville, T. Linn, Macé, Marty, Monard, Petit, Puistienne, Rumpelmaver (Mde.), Rendall, Sanders, Voisin.

Aix.-France, Bouches du Rhone. Altitude, 585 feet. By P.L.M. vid Lyons and Marseilles, branching off at Rognac.

Earthy waters, 81° F., useful as a sedative and alterative.

Doctor: Dr. Louzet.

Ajaccio.—Corsica. From London viá Calais to Paris and P.L.M. to Marseilles in about 23 hours; thence by steamer of the C. G. T. to Ajaccio 15 hours; direct boat from Nice in 10 hours every Saturday. 18,000 inhabitants.

A winter station of great importance. Sea and warm baths

all the year round.

Season: For the former, April to November; Winter season, November to end of May.

Special indications: Chest diseases generally; anæmic and

chlorotic affections, rheumatism, paralysis, diabetes.

Built at the foot of a sloping hill, the town extends in the form of an amphitheatre, and is well protected from cold northerly and westerly winds. Ajaccio, as a winter health resort,

has a great future. Meteorological observations are as yet deficient. temperature October-April, 57° F. Rainy days, 34. Variations slight, and never rapid. Mean barometric pressure, 775 m/m; death-rate, 26 per thousand; relative humidity of the air, 76 %; fogs are scarcely known. There is almost complete absence of dust; atmospheric disturbances occur but seldom; the mean of temperature during the day and throughout the year is very constant, much more so than on the Riviera, from month to month.

The drives and walks in the neighbourhood are beautiful, and the roads

well kept. Flowers and shells are found in abundance.

Excellent shops and circulating library. The water of the Gravona river, brought by aqueduct to the town, gives an abundant supply; the overflow cleanses the drains.

The railway to Bastia, via Corte, is now open for traffic.

Guagno, with its celebrated sulphur springs, 129° F., is only 38 miles distant; the famous Orezza springs are 81 miles distant by an

excellent road.

The scenery in Corsica is very beautiful and quite unique. From the nature of the soil dust is seldom an annoyance in Ajaccio; while the mountains on the opposite side of the gulf protect the eye from the glare, so often complained of on the Riviera. Post and Telegraph Office, Cours Napoléon.

English church during winter season; the chaplain is licensed by the Bishop of Gibraltar. The church was built by Miss Campbell.

British Consul: W. J. Holmes, Esq.

Banker and Exchange Office: J. Bozzo-Costa, Quai Roi

Public Library: Library Fesch (with 30,000 volumes), open to the public.

Doctors: Drs. Colonna, Wagner, Malgrin and Trotter (Engl.). Hotels: Hôtel Continental, Hôtel Belle-Vue, &c.

Alassio.—Italy, between Ventimiglia and Genoa, 6,000 inhabitants.

Winter station. Charming and quiet locality. Sea baths. Special indications: Phthisis in both the early and late stages, scrofula, all lung diseases requiring a mild, dry climate,

infantile paralysis and nervous diseases.

In a very sheltered and romantic position, at the foot of wooded mountains. Very fine parks at some of the villas. Little wind and no dust: no fog. The town has been visited frequently by members of the Italian Royal family, and General Garibaldi was here cured of his bronchial attacks. There is an English church and several primary schools.

Alassio has the only good sandy beach on the Riviera, and is therefore much sought after by bathers, and is frequented

by a large number of English.

Banker and Exchange Office: Walter Congreve, Piazza della Posta.

Doctors: Drs. E. G. Boon (English), Naur and Schneer.

Hotels: The Grand Hôtel d'Alassio (See advt. at end) Hôtel. Suisse and Hotel de Londres.

Albisbrunn.—Switzerland, Canton of Zürich, near Hausen; 1,960 feet above sea level. From Zurich by carriage in $2\frac{1}{2}$ hours.

Hydropathic establishment, milk and whey cure.

A very comfortable and elegant establishment, picturesquely situated.

Near here are the milk and whey cure stations of Bocken and Hutten.

Doctors: Drs. Brunner, Wagner and Paravicini.

Aldeburgh.-England, Suffolk.

Sea baths, shingly beach; much frequented.

Alderney.—Channel Islands, 15 miles from Guernsey. Sea baths; bad beach.

Doctor: Dr. Livesey.

Alexandersbad.—Germany, Bavaria, circuit of Upper Main, near Wunsiedel, 1,800 feet above sea level. Population, 143.

Cold chalybeate water; hydropathic establishment and moor and pine baths. Terrain cure.

Season: May 15th to October.

Doctors: Drs. Muller (Munich in winter), Faltin.

Hotels: Weber, Kurhaus.

Alexandersquelle.— Russia, Caucasus, near Pjätigorsk.

Sulphurous waters, seven springs, varying in temperature from 110 to 165° F. Very abundant supply.

Special indications: Gout, rheumatism, old sores, anchylosis,

syphilis.

The situation is extremely picturesque, and the number of visitors have increased considerably of late. Accommodation first-class, but expensive.

Alexisbad.—Germany, Thuringia, in the Duchy of Saxe-Anhalt. Station, Gernrode; 1,080 feet above sea level.

Ferruginous waters, electro-therapy, hydropathy, pine baths. Season: June to 15th September.

Doctors: Drs. Lindner, Ide, and Gittermann.

Hotels: Kurhaus and Golden Rose.

Algiers.-North Africa. French colony.

By overland route.—Paris, Marseilles, and thence by Transatlantique steamship in 26 hours. Fare from Marseilles, £4. Or by sea in eight days by several lines from London and Liverpool; fare £10.

Winter station.

Season: November to April.

Climate: Warmer and more equable than the Riviera. In January the mean temperature is 54°, April 65°. It is free from the sudden changes at sunset which are apt to produce such ill effects on the unwary at many of the stations on the Southern French littoral. There is an average of about 50 rainy days in the year, and the rest brilliant sunshine. A range of climate from mild to bracing can be obtained at different altitudes.

Special indications: Asthma, chronic bronchitis, phthisis,

Bright's discase.

Algiers is situated on a slope running up from the shore to a height of 500 feet. There are two towns, the lower or French quarter being very commercial and modern, and the higher or older town, occupied by the Moors. The best situation for residence is on the higher portions of the hillside. At the village of Mustapha Superieur there is a small English and American colony in winter. It is three miles from the city, and is much more healthy and bracing. Sanitation is fairly good, and is improving rapidly.

British Consul: F. J. S. Hay Newton, Esq. Vice-Consul: F. E. Drummond Hay, Esq.

Bankers and Exchange Bureau: T. Cook & Son, 3, Boulevard de la Republique.

Doctors: Drs. C. H. Stevens (English), Bruch, Gross, Spiel-

mann (German), Bertherand, Feuillet, Trollard (French).

Hotels: Living is moderate, from 12 frs. a day at most of the best hotels. Continental, St. George, Grand. These are frequented by those who prefer the higher ground.

At Algiers are Hôtel de la Régence, Hôtel de l'Europe and

Hôtel de l'Oasis.

Amusements: There is a theatre and band. No Casino. Boating, sailing and fishing may be indulged in. During the Carnival week the town is very gay and lively.

Alhama de Aragon.—Spain, province of Saragossa, district of Atéca. By O. and S. F. vid Bordeaux, Irun, Burgos, Madrid and Guadalajara. Sulphurous magnesian and ferruginous waters, 100° F.

Season: Spring and autumn, but open all the year round. Special indications: Asthma, paralysis, debility of kidneys

and bladder, skin diseases, dysmenorrhæa.

The establishment and accommodation can compare favourably with those of many of the most frequented watering-places in Germany and France.

Doctor: Dr. Tomas Parraverde.

Alhama de Granada.—Spain, near Granada and Malaga.

Sulphurous magnesian waters, 110° F. The spring is seven inches in diameter, and contains much sulphuretted hydrogen.

Season: April 15th to October 31st; climate healthy and mild.

Special indications: Intestinal obstructions, affections of the mucous membranes, nervous debility, rhenmatism, atonic sores and skin diseases.

The baths were very much frequented under the Saracen rule, the existing old Moorish edifices shewing the importance the baths then had. The Caliph of Granada is said to have received in some years as much as 500,000 ducats of revenue from these baths.

Doctor: Dr. Perales Churt.

Alicante.-Spain, on the Mediterranean.

Winter station.

Special indications: Invalids requiring a stimulating climate; also in cases of latent scrofula, asthma and bronchorrhœa,

pleuritis, rheumatism and albuminuria.

Mean Winter temperature, 60° F. Air, very dry; rainy days fewer than on the Riviera; mean rainfall, $177 \, ^{\rm m}/_{\rm m}$. The town is well sheltered and the bay open only to southerly winds. No mistral or dust.

British Vice-Consul: J. W. Cumming, Esq.

Doctor: Dr. Roman.

Allerheiligen.—Switzerland, Canton of Solothurn, 5 miles from town; 4,000 feet above sea level.

Carbonate and sulphate of lime waters.

These waters are well suited to nervous individuals; they have a stringent, deparative and tonic action.

Allevard-les-Bains.—France, Department of Isère; 1,500 feet above sea level. Reached viá Goncelin by omnibus.

Sulphuret of lime waters, 52° F. Inhalation. Milk and whey cures.

Season, 15th May to 1st October.

Special indications: Very efficacious in chronic inflammation of the laryngeal and pharyngeal mucous membrane, in nasal catarrh, syphilis and skin diseases.

Post and Telegraph.

Doctors: Drs. Révillet, Chataing, Didier and Niepce fils.

Hotels: The Hôtels du Louvre and de la Planta.

Alliaz.—Switzerland, near Vevey and Clarens, 3,400 ft. high.

Climatic air station, mild carbonate of lime waters, containing much carbonic acid and sulphuretted hydrogen gas.

Special indications: Chronic gastric catarrh.

Almeria.-Spain, on the south coast.

Winter station, with sulphurous magnesian waters.

Special indications: Rheumatism and paralysis, phthisis, chlorosis, nervous affections.

Mean winter temperature 60° F. One of the most sheltered of winter stations; frost and snow are entirely unknown here, and the temperature rarely falls to 45° F. A clear, dry and calm air characterizes Almeria.

British Vice-Consul: W. M. Lindsay, Esq.

Alpnacht.-Switzerland, Lake of Lucerne, Canton Unterwalden, four miles from Saarnen.

Climatic station; whey and milk cure.

The starting point for diligences for Bernese Oberland. It is situated at the foot of Mount Pilatus, whence extends a beautiful panorama of the surrounding mountains. It is $3\frac{1}{2}$ hours' ride over a good mule path to top of mountain.

Hotel: The Hotel Pilatus. Telegraph and telephone office.

Altdorf.—Switzerland, capital of Canton Uri, 1,500 feet high.

Climatic air station.

Doctors: Drs. Gisler and Muller.

Altenau.—Germany, Prov. Hanover, in the Harz, near Clausthal, 1,400 feet above sea level.

Climatic air station.

Doctor: Dr. Behrmann.

Alt Heide.—Germany, Silesia, 5 miles from Glatz, 1,300 feet above sealevel.

Alkaline waters and climatic air station. Chalybeate and mud baths; milk and whey cures.

Special indications: Scrofula and chronic affections of the uterus and lungs.

Doctors : Dr. G. Hoffmann.

Hotel: The Baths.

Altstaelten.-St. Gall, Switzerland, on the Rorschach Railway.

Climatic air station.

Near here are the Bains de Kobelwies, near Oberried station, a bathing establishment.

Altwasser.—Germany, Prussia, near Liegnitz, in Silesia, 1,300 feet above the sea level.

Highly effervescent ferruginous waters; mud baths.

Special indications: Anæmia, chlorosis, skin diseases, general debility.

Doctors: Drs. Kracauer and Pohl.

Alvaneu.—Switzerland, Canton of the Grisons, 11 miles from Coire on the Albula road, 3,150 feet above the level of the sea.

Intermediate station between high and low altitudes. Sulphurous saline waters, 46° F.; saline chalybeate waters, 51° F., at Tiefenkasten; iodurated chalybeate waters, 57° F.,

at Solis.

Season: June 15th to September 15th.

Special indications: Rheumatism, chronic derangements of the digestive organs, chronic catarrh of respiratory and urinary organs.

English Church Service.

Post and Telegraph: In the Kurhaus.

Doctor: Dr. P. Schnöller.

Hotel: The Kurhaus.

Amalfi.—Italy, on the gulf of Salerno. From Naples 24 miles by steamer; weekly service, leaving on Wednesdays.

Winter station.

Climate: Sunny and exhilarating, and more equable than the Riviera, with little or no chill at sunset.

In the Middle Ages Amalfi was a large seaport of some 60,000 inhabitants; present population 6,000, chiefly engaged in fishing and in the making of paper and macaroni. It is situated at the end of a deep ravine, and the neighbourhood affords charming excursions, with beautiful coast and rock scenery. The land is hilly, and is terraced for the cultivation of citrons, lemons and olives.

Special indications: Early stages of phthisis, and in chronic bronchitis, kidney diseases and nervons disorders.

Hotels: Albergo des Cappuccini, Alb. della Luna.

Ambleteuse.-France, department of Pas-de-Calais.

Sea baths; sandy beach.

A very quiet and retired spot.

Amélie-les-Bains. — France, Eastern Pyrenees; station, Céret; 900 feet above the level of the sea. By S. of F. rid Toulouse to Perpignan (21 hours) carriage from Perpignan (3 hours).

Sulphurous saline waters, 86° to 144° F., and winter station.

Mean winter temperature, 46° F.

Season : All the year.

Special indications: Herpetic diathesis, and catarrhal affections of the respiratory organs, rhenmatism, scrofula, syphilis.

Doctors: Drs. Arnal, Lamarchand, Picard, Pujade, &c.

Hotels: The Grand Hôtel, des Thermes Romains.

Amlwch.-Wales, Anglesey, near Bull Bay.

Sea baths; sandy beach.

Gaseous spring.

Amphion.—France, Upper Savoy, near Evian; 1,220 feet above the sea level.

Cold alkaline ferruginous bicarbonate waters. Hydropathic establishment.

Season: June 15th to October 1st.

Special indications: Debility of the digestive organs, gravel, hypochondriasis, anæmia.

The establishments are situated in an extensive park, well shaded by large trees. Gymnastic and lawn tennis grounds on a large terrace overlooking the lake. The site and environs are very picturesque, and offer a good choice of excursions. Horses and carriages for hire.

Telegraph and Post.

Doctor: Dr. Dumur.

Hotels: The Grand Hôtel des Bains and Grand Hôtel d'Amphion.

Anacapri.—Italy, Island of Capri.

Sea baths and winter station.

Hotel: Paradiso.

Ancona.-Italy, on the Adriatic, a fortified maritime port, with dockyards.

Sea baths, sandy beach. A fashionable resort.

Season: July to September.

A second-rate establishment has lately been built. During the season, concerts, morning dances and regattas are among the amusements.

Vice-Consul: A. P. Tomassini, Esq.

Andabre.—France, Department of Aveyron, near Camarès. By S. of F., viá Toulouse, Beziers, Bedarient to St. Afrique (27½ hours) carriage from St. Afrique (2 hours).

Effervescing bicarbonate saline, and slightly ferruginous waters.

Special indications: Affections of the liver, gout and gravel.

Ductor: Dr. Martin.

Andeer.—Switzerland, Canton of the Grisons, near Pigneu. Altitude 3,200 feet.

Sulphate of lime waters; whey cure.

Season: 15th June to 1st October.

Very elegant establishment. Ferruginous mud baths.

Doctor: Dr. Schmidt.

Andermatt.—Climatic air station, 5,000 feet above the sea level. Station Goescheuen, on the St. Gothard.

Perfect summer climate.

Doctor: Dr. Schönbächler.

Anguillara.—Italy, Tuscany, near Lago Sabatino.

Bitter waters, 70° F.

Special indications: Paresis; hemiplegia resulting from rheumatism; kidney affections, pyelitis, blenorrhæa and intestinal debility.

Annecy.—France, Upper Savoy, on the lake of Annecy, 20 miles by rail from Aix-les-Bains; 1,460 feet above the sea level; 12,000 inhabitants. Climatic station; baths in the lake.

Annweiler.—Germany, Bavaria, Palatinate, near Landau. Population 3,000.

Climatic air station. Grape cure.

Doctors: Drs. Gauch and Geiss.

Antibes.—France, on the Riviera, between Cannes and Nice.

Winter resort, warm and dry, but little frequented; visitors stay more at the Cap d'Antibes (q.v.).

Doctor: Agnes McLaren.

Antogast.—Germany, Duchy of Baden. Station, Oppenau.

Ferruginous bicarbonate waters, containing arsenic; used in the country only as table waters.

Doctor: Dr. Schneyder.

Apenrade.-Germany, Schleswig, North of Flensburg.

Sea baths.

Doctors: Drs. Wiemer, Butzbach, Kunth, and Van Fischer-Benson.

Apollinaris. -Germany, Rhenish-Prussia; in the valley of the Ahr, near Remagen; 225 feet above sea-level.

Effervescing alkaline table-water of peculiarly agreeable flavour and absolute purity: digestive and anti-lithic.

The British Medical Journal has described Apollinaris as

"The Queen of Table Waters."

The water is slightly impregnated with alkaline carbonates. Dietetically, it is especially recommended for dyspeptic, gouty and rheumatic subjects. It is drawn from a deep rocky source (at a depth of 50 feet), and the bottled water contains exactly the same amount of carbonic acid gas as the water at that depth. It is absolutely pure: and this, together with its agreeable and refreshing qualities, has given to it a world-wide reputation as a table-water for daily use.

The continued increase in the annual consumption of this favourite table water is most remarkable. The Apollinaris Company of London undertook the export of the water in 1874, and the filling at the Apollinaris spring, which in 1888 amounted to 12,720,000 bottles, and in 1889 to 15,822,000

bottles, now exceeds 25,000,000 bottles per annum.

Appenzell.—Switzerland, capital of the Canton of same name, near Sitton; 2,538 feet above the sea-level.

Whey-cure station of first importance.

Doctors: Drs. Broger and Roemer.

Appledore.-England, West Devon.

Sea baths.

Good surf and bathing appliances.

Arc.—Sweden, Jemtland, 1,240 feet altitude.

Climatic air station, much frequented by tourists.

Arcachon.-France, 34 miles S.W. of Bordeaux, 400 from Paris.

London, Paris, Orleans, Blois, Tours, Bordeaux, Archacon, in 23 hours. (1) £5 8s. 7d.; (2) £3 14s. 10d.

Mild winter station; also summer station; sea baths.

Season: July to September, and in winter.

Climate: Mild and sedative. Mean temperature for the year, 60° F.; for winter only, 49° F. Mean rainfall, 32 in.

Situated among pine forests of great extent, estimated at 10,000 acres. The town is divided into two parts: the Summer Town roted for its sea baths, and the Winter Town sheltered among the pines. Pop. 8,000. The number of visitors during the summer reaches 160,000. There are "parks" for the culture of oysters in the lagoon or Bassin d'Arcachon. Good sandy beach.

Special indications: For invalids requiring a sedative air; for delicate, anæmic persons; nervous complaints, lung and

chest affections, bronchial and laryngeal catarrhs.

British Vice-Consul: F. Audap, Esq.

Doctors: Drs. Hameau, Festal, Lalesque, Pauliet, Cazaban. Hotels: Hôtel de France, Royal, Grand, de la Forêt des Pines.

Arco.—Austria, Southern Tyrol, above the Garda Lake, four miles from Riva. From Innsbruck by the Brenner line.

Winter station.

Season, October to May.

Small rainfall, dry atmosphere.

The method of treatment by compressed air is here adopted. Doctors: Drs. Bresciani, Chiarano, Gager, Kunze, Spitzmuller and Weiss.

Hotels : Kurhaus Arco, Nelböck.

Ardales.-See CARRATRACA.

Ardrossan.-Scotland, Ayrshire, Firth of Clyde.

Sea baths.

The air is bracing, but sometimes very humid.

Arechavaleta.—Spain, province of Guipuzcoa, 18 miles from Zummárraga.

Sulphurous waters, 115° F. Stimulating and diuretic action. Special indications: Scrofula, herpetic affections, fluor albus. The establishment is moderately complete; the accom-

The establishment is moderately complete; the accommodation is good and moderate in price; the environs are romantic.

Doctor: Dr. Breñosa.

Arenas (Las).-Spain, province of Vizcaya, near Bilbao.

Sea baths. Very fine sandy beach.

The establishment is very fine, and contains concert, ball, library and billiard rooms.

The scenery is very fine.

Arendsee.—Germany, Prussia, province of Brandenburg, near Salzwedel. Hydropathic establishment and climatic air station.

The surrounding country is covered with fir and beech woods.

Doctors: Drs. Reip, Flaak and Lueders.

Arenzano.-Italy, one hour from Genoa, on the Riviera di Ponente.

Winter station, beginning to attract visitors.

Cogoleto, the birthplace of Christopher Columbus, is close by. Very agreeable promenades and drives in the neighbourhood.

Argeles-Gazost.—France, Department of Hautes Pyrenees. Altitude 1,520 feet. Train from Lourdes to Pierrefitte.

Sulphurous, bromo-iodurated waters.

Special indications: Diseases of the respiratory organs, phthisis, scrofula, and skin diseases generally.

Season: April to November. Very hot between June and

September.

Doctors: Drs. Labit, Cénac, Trelaun and Dutauzin.

Hotels: de France and Parc.

English Chapel in Hotel de France, Rev. J. F. Foster.

Arnsdorf.-Germany, Upper Silesia, near Warmbrunn.

Climatic air station.

Charmingly situated, and frequented by visitors who are not over-exacting as regards accommodation.

Doctors: Drs. Eisner and Ertelt.

Arosa.—Switzerland: Grisons. Altitude 5,500 feet above sea level.

A mountain air station, four hours' walk on the hills from Davos Platz, five hours' by diligence from Coire. Open summer and winter.

Doctors: Drs. Herwig, Jacobi, Fischer, Romisch and Ruedi.

Arromanches.—France, Department of Calvados; from Paris via Bayeux. Sea baths, sandy beach.

Artejo.—Spain, Galicia, near Coruña.

Sulpho-saline waters, 90° F.

Special indications: Scrofula, caries, gout, rheumatism.

The situation is charming, but the waters are scanty.

The establishment and accommodation are good, and prices not too high.

Doctor: Dr. Mayoral.

Artern.—Germany, Prussia, province of Saxony, near Merseburg. Saline waters.

No amusements are offered here, and the place is therefore visited only by invalids.

Hotel: Kurhaus

Doctors: Drs. Brehme, Konietzko and Mueller.

Arzilhe.—Switzerland, near Berne. 1,600 feet above the sea level.

Thermal saline sulphurous waters.

Special indications: Skin disease.

Askern Spa. - England, York hire, about 6 miles from Doncaster, G.N.R from King's Cross in four hours.

Alkaline earthy waters, containing sulphuretted hydrogen

gas from 4 springs.

Situated about 30 feet above sea-level on a large plain. The water rises from a peat bog, and is of a yellowish colour.

Special indications: Dyspepsia, gout and rheumatism.

Assmannshausen.-Germany, Nassau, in the Rhinegau.

Saline and alkaline waters, combined with lithia, 82° F.

Hydropathic establishment.

Special indications: Rheumatism and affections of the urinary system and nervous centres, gont and the uric acid diathesis.

This summer resort, beantifully situated on the right bank of the Rhine, is rapidly growing in popularity, more particularly with the Germans.

Doctor: Dr. H. Vehsemeyer.

Hotels: Kurhaus, Anchor, Krone, Rheinhotel.

Assouan. - Upper Egypt, at the First Cataract, 680 miles from Cairo; in 22 hours by train, or by Nile steamer in 7 days.

Climatic air station.

Situated on the east bank of the Nile in view of the beginning of the Cataract and the extensive "barrage" operations. Assonan is rapidly becoming a favourite winter health resort. It is within easy access to the Nubian desert and to sheltered places in the hills, and there is good boating on the river. It is the seat of Government of the province of Nubia, and is seven miles by train or ride from the interesting ruins of Philæ. Sanitation and cleanliness are well attended to by the Egyptian Army Authorities under British officers' supervision. Assonan is probably the cleanest and best kept town in Egypt.

Season: January to March.

Climate: Warm and extremely dry. Mean temperature:—December 65°.5, January 64°, February 68°, March 77°. Rain rarely falls, and the relative humidity is 40 per cent., equalled only among the higher Alpine air stations. The winter temperature at Assouan averages 10°f. higher than that of Cairo.

Special indications: Bright's disease, early phthisis, asthma,

chronic bronchial affections.

Vice-Consul: Major Hunter.

Doctors: Dr. H. E. L. Canney, G. D. Edwards.

Hotel: Grand. A good hotel under European management; situated on the rim terrace; resident English nurse.

Astillero (El).-Spain, province of Santander, and 1½ miles from this town.

Sea baths, small beach, and more visited on account of its bracing and exhibitanting air. There is also an effervescent ferruginous spring.

The site is very charming, and excursions in endless variety abound. Sojourn agreeable and moderate in price. Frequented by upwards of 1,500 visitors in the season.

Auf de Wald .- Switzerland, St. Gall.

Hydropathic station.

Near here is Ober Wald, a summer air station.

Auerbach.-Germany, Hesse, half an hour from Darmstadt.

Chalybeate waters; more frequented as a summer health resort.

Special indications: Anæmia, atony, and in general all affections requiring ferruginous treatment.

Doctors; Drs. Borcherdt, Gergen and Thiermann.

Augustusbad.—Germany, Saxony, one hour from Dresden to Radeberg, thence in $\frac{1}{2}$ hour by carriage.

One saline and six bicarbonate chalybeate springs.

Doctor: Dr. Jul. Meyer. Hotels: Palais, Thal.

Aulus.—France, Arriège, near St. Girons. By S. of V. vid Bordeaux, Toulouse, Montrejean, Boussons to St. Girons (21½ hours), earriage from St. Girons (3 hours).

Alkaline waters, 64° F.

Special indications: Pargative, laxative and diaretic action, according to the dose; in diseases of the liver, in arthritic affections, and in syphilis.

Doctors: Drs. Mouly and Bordes.

Aussee.—Austria, Styria, 7 hours' journey from Vienna; about 7 miles from Ischl. 2,080 feet above the sea level.

Saline waters and climatic station; brine baths.

Season: 15th May to October 10th; about 10,000 visitors.

Dr. Schreiber's Alpenheim. A very elegant establishment, with a sanatorium, offering good accommodation. Hydropathic treatment, massage, and gymnastics.

The situation is most picturesque, and numerous excursions may be made in the neighbourhood. Good fishing can be

obtained in the adjacent river.

Doctors: Drs. Schreiber and Veth.

Hotels: Franz Karl, Kurhaus.

Ax-les-Thermes.—France, Department of Ariége, Arroudissement of Foix, near Tarascon. Altitud 2,340 feet.

Sulphurous waters.

Season: May 15th to October 20th.

The sulphurous elements appear here, as at Luchon, in the form of sulph-hydrates. There exists a great similarity between the two waters. There are more than 60 springs, with a temperature varying from 54 to 200° F.

Special indications: Rheumatism, especially chronic, scrofula, syphilis, affections of the skin in atonic and inveterate forms.

Accommodation fairly good. Rooms may be obtained in the Teich Bath establishment.

Doctors: Drs. Dresch, Palenc, Pujol, Auphan, Fugairon and Bonnans.

Axenfels.—Świtzerland, Lake of Lucerne, Canton of Schwyz, 2,300 feet above the sea level. For routes see Lucerne; thence by rail or boat to Brunnen.

Climatic station; mineral waters of all the best known

springs; milk and whey cure.

Axenfels is beautifully situated and well sheltered. The views from the hotel and gardens are very fine, embracing the lake and mountains and glaciers. The excursions are numerous and well worth making. Carriages can be had at the hotel.

Doctor: Dr. Schelbert.

Hotel: Grand Hôtel Axenfels.

Axenstein.—Switzerland, Canton of Schwyz, Lake of Lucerne, 2,500 feet above the sea level. For routes see Lucerne; thence by St. Gotthard railway, or by boat to Brunnen; from Brunnen by omnibus 50 minutes.

Climatic station; milk and whey cure. Mild, yet bracing

Alpine air; well sheltered from winds.

Season: May 15th to October.

This establishment is situated in a most picturesque country near the small village of Morschach. An extensive and beautifully planted park surrounds it, with pine and fir trees, which contribute very largely to the health-giving properties of the air. Queen Victoria said of this place: "Axenstein is the finest place I have seen during my Swiss tour." The excursions are very varied and interesting. Two villas situated in the park contain morning, eard and billiard rooms, verandahs and baths. Telegraph and post-office in the hotel. English church in one of the villas.

Doctor : Dr. Schoenbaechler.

Hotel: Grand Hôtel Axenstein.

Baassen.—Hungary, near Temesvar and Mediah. Altitude 630 feet. Saline bromo-iodurated waters, $50^{\rm o}\,F.$

Season: July, August.

Special indications: Chronic rheumatism, scrofula, disorders of uterus and ovary, syphilitic affections of the bones and tissues. Very picturesquely situated; a quiet but agreeable place.

Doctor ; Dr. Schwarz,

Baden.—Lower Austria; altitude 700 feet. Population 5,564. Number of visitors nearly 20,000. From London to Vienna by Ostend-Vienna express in about 30 hours (1) £9 6s. 3d.; or by Ostend, Cologne, Nurnburg, Neumarket and Amstetten in 36 hours (1) £7 13s. 5d.; from Vienna in 1 hour by train.

Sulphurous waters, 95° to 120° F.

Season: May 15th to October 15th. But the baths are open all the year round.

Special indications: Rheumatism, gout, anæmia, scrofula,

more especially of a sub-acute character.

There are 13 springs containing sulphuretted hydrogen and much chloride of sodium. In many instances the springs rise in the hotels. Fine kurhaus, with good band. Good swimming baths.

Doctors: Drs. Barth, von Mühlleitner, J. Schwarz, C. Schwarz, E. Raab, H. Raab, and many others.

Hotels: Hôtel de la Ville de Vienne, Green Tree.

Baden.—Switzerland, near Zurich; altitude 1,200 feet. Population 3,500. From London by Ostend and Basle in about 21 hours.

Sulphurous waters, 119° F.

Pleasantly situated in the valley of the Limmat, and well sheltered from cold winds. The waters are chiefly used for bathing purposes and not internally. The spa was of much more importance formerly.

Season: 15th May to 1st October; about 15,000 visitors.

Special indications: Neurosis, gout, uterine and vesical catarrh, induration of the thymus gland, scrofula and rheumatism.

Accommodation good. The hotels have their own baths.

Doctors: Drs. Minnich, von Schmid, Borsinger, Keller, &c.

Hotels: Zum Bären, Schwanen, &c.

Baden-Baden.—Germany, Grand Duchy of Baden, 650 feet above sea level; 17,000 inhabitants. From London in 21\frac{3}{4} hours vid Paris, and in 20 hours vid Ostend, Brussels, Strassburg and Appenweier (1) \(\pm \frac{4}{2} \) 9s. 1d.; (2) \(\pm \frac{2}{3} \) 6s.

Alkaline chloride of sodium waters, varying in temperature from 124° to 150° F. They contain chloride of sodium in large quantity, chloride of potassium, bicarbonate of lime, sulphate of lime, and silica in appreciable amount; more chloride of lithium than any other known mineral water; also arseniate of lime, protoxide of iron, and free carbonic acid gas, in addition to manganese, strontia, magnesia, bromine, and other salts. For the cure of the uric acid diathesis, gout, catarrhal affections of the throat and larynx, dyspepsia, chronic catarrh of the stomach and intestines, and bladder diseases, the waters of Baden-Baden still stand unrivalled.

There are four principal springs: The "Source Principale," the "Fett-quelle," the "Butten-quelle," and the "Murquelle." The Fett-quelle is the warmest, and the Butten-

quelle the coolest, being about 124° F.

In no city in the world has greater skill, taste, and ingenuity been displayed in the development of baths and their accessories than at Baden-Baden. Added to this, the exhaustive manner in which the amusement of the visitors is catered for is a marked feature of the city. The world - renowned Friedrichsbad is a marvel of perfection. It contains baths of every description, There are inhalation rooms and douches of every variety, and one of the greatest features of the establishment is the Zander gymnasium, which is duplicated for females, where every kind of machine connected with mechanical massage and active and passive motion of the joints is in full working order. Tallermann's apparatus for local treatment with dry hot air. The Kaiserin Augustabad (called after the late Empress) is an establishment devoted entirely to the treatment of ladies. An inhalatorium on a large scale, and fitted with the latest improvements, was opened The Landesbad is built for the poor, who, after obtaining letters of recommendation, can be boarded and medically treated in the establishment for a few shillings weekly. Hydropathy, medical gymnastics and pneumatics all flourish at Baden-Baden. In addition to public bathing are several private institutions establishments there here which cannot be passed by unnoticed. "Qui-si-sana," the celebrated private sanatorium for ladies, established by Dr. Baumgartner, is at once a triumph of organization, sanitation, and medical skill; every English physician going to Baden-Baden should visit it. Dr. Emmerich has a private infirmary for morphiomaniacs, and Dr. Schliep has a medicopneumatic establishment. Mention should also be made of the sanatorium of Dr. Frey and Dr. Gilbert, and the "Kurhaus Annaberg," presided over by Dr. Ebers. Baths can be had at several hotels.

The climate of Baden-Baden is mild, owing to the warm springs on the one hand, and the sheltered position of the city on the other; this fact brings many visitors during the winter. The average temperature for several years during the month of February shewed it to be warmer than Meran, and but little cooler than Venice or Vevey. The height of the season is late August. The season proper is from April to November, but the baths are open all the year.

One of the attractions to bathers at Baden-Baden is that

there are private Russian and Turkish baths.

Baden-Baden is a resort for idlers, pleasure-seekers and patients from all parts of the world, and can be recommended

as a winter station. Its springs were known and used by the ancient Romans.

The centre of Cur-life in the morning is "The Trinkhalle." Visitors and patients come here between 6 and 8 a.m. to take the waters, promenading in the intervals in the gardens and listening to the band. There are special little cabins arranged for the purpose of gargling.

The frescoes with which the Trinkhalle is ornamented

represent legends of the Black Forest.

The most popular rendezvous, however, is the "Conversationshaus." Concerts three times daily are held in the large pagoda in front. The Conversationshaus includes assembly rooms of immense size, reading rooms, coffee and billiard rooms and a restaurant. The theatre and suite of apartments for assemblies and balls are magnificently

furnished, and are close by.

Among the amusements may be mentioned good trout fishing and shooting, grand concerts by an orchestra of 52 performers, symphonic and quartette soirées, special concerts by the best known artists. Balls, réunions, children's balls, military concerts, operas and comedies, with artists of worldwide celebrity, fireworks and illuminations. Large lawn tennis grounds; croquet on the Lichtenthal Avenue; Golf Links; Bievele tracks; Beautiful rides. Picture gallery, containing works of great interest. There are also battues organized for shooting game, deer, pheasants, partridges, quails, hare, wild fowl, &c., and fishing tickets for preserved waters can be purchased from the Cure Committee.

The gardens and promenades are all admirably kept, and

very beautiful.

Visitors to Baden-Baden requiring fuller information that the limits of this work can give should write to the Cure Com-

mittee.

The amount of mineral ingredients varies for the several springs from 22 to 30 parts in 10,000. The quantity of water supplied in 24 hours by all the springs combined is about a million litres. Of this the main shaft spring supplies one-half. According to the analysis by Dr. Bunsen, of Heidelberg, in 1881, this spring is remarkable for the unusually high per-

centage of arsenic and lithium which it contains.

The racecourse at Iffezheim, at a short distance from Baden-Baden, is one of the best, if not the very best, in Europe. At the end of August the races bring together the élife of the German and foreign aristocracy. They are, perhaps, the best races in Germany or Austria. The Excursions are very varied and interesting. Amongst those at short distances may be mentioned: The old and new Schloss, whence on clear days the spire of the Cathedral of Strasburg is visible; Eberstein Castle, and the Yburg. Farther off are the falls of Allerheiligen, the Murg valley, Forbach, Raumünzach, Gernsbach. Rothenfels, Wildbad, Wolfach, Petersthal, Triberg, &c.

The educational establishments of Baden are of the highest order.

The prices being everywhere fixed by Government, it is scarcely necessary to bargain for anything, the traveller being well protected against extortion.

English church: Rev. S. A. White, Langestrasse 33.

Post Offices and Telegraph: Sophienstrasse and Langestrasse, in the

Telegraph: Post offices and Station.

Bankers and Exchange Offices: F. C. Jörger, Rheinische Creditbank, H. T. Hermann, Bankcommandite, Meyer & Diss, Oberrheinische Commanditbank.

Booksellers: Marx, Ryssel, Sommermeyer, Spies, and Wild. Doctors: Drs. Apfel, Auerbach, Barth, Baumgærtners, Becker, Belzer, Burger, Drevfus, Ebers, Emmerich, Erlanger, Frev, Gilbert, Groddeck, Heiligenthal, Hoffmann, Hübner, Knecht, Krieg, Langsdorff, Mayer, Modrze, Moller, Muller, Neumann, Obkircher, Oster, Robinson, Schindler, Schliep, Schmid, Schwarz, Seelos, Stehr, Stern, Stiege, Vermeil, Wirz, A. L. Kellgren (English).

The Hotel Victoria, First-class hotel, Excellent position, opposite the new General Post Office, on the new Promenade, nearest the Conversation House and new Frederic and Augusta Baths, with charming view, splendid public rooms and bath rooms. Hydraulic lift. Sanitary arrangements perfect. Pension all the season. Electric Light. Moderate charges. Best cooking and wines. Grosholz Bros., proprietors. (See advt. at end.)

Among many others are the Badischer Hof, Hôtel d'Angleterre, de Russie, Stephanie, Messmer, de France, Holland, de l'Europe, Terminus, Minerva, Belle Vue, &c. Smaller hotels, Trois Rois, Muller's, Peter's Hirsch Hotel, Stadt Paris, Stadt Strassburg and Friedrichshad.

Sanatorium Quisisana, Baden-Baden.—For internal and

nervous diseases, and diseases of women,

Badenweiler .- Germany, Grand Duchy of Baden, in the southern parts of the Black Forest, half an hour from Freiburg in Baden; 1,450 feet above the sea level. Midway between Freiburg and Basle. From London to Freiburg in about 21 hours.

Indifferent earthy waters, 40° to 43° F. A celebrated climatic

station. Surrounded by pine forests.

Special indications: Diseases of the chest, chronic affections of the lungs and throat; catarrhal affections, convalescence after illness, female diseases, neuralgias, and rheumatism; cases where the constitution has "rnn down" from overwork, nervous debility, neurasthenia hypochondria, hyposthenia.

The establishment is very elegantly fitted up with marble basins, open swimming baths, donches and single baths. Cows', goats', and donkeys' milk, whey cure, and all mineral

waters may be obtained.

The season lasts from May to November, and is especially good in the autumn.

Large, well-kept and shaded park, with the ruins of an old Roman bath in good preservation; good promenades through the pine forests; excellent facilities for excursions, ascent of the Hochblauen, 3,550 feet high, with a superb view of the Alps, Jura, Vosges, and Valley of the Rhine, &c. Large reading-room in the Casino.

Badenweiler is a straggling village most picture squely situated upon a hill, surrounding which are small mountains of varying and higher altitudes. The great characteristic of the place, apart from its lovely position, is its peaceful and quiet surroundings. As a bathing place, it has maintained a reputation which has clung to it for many years, and during the season (summer) there is always a goodly number of visitors at the hotels and boarding houses, not a few of which are English. The marble bath of Badenweiler is perhaps the finest one of the kind in the world, and the private bath rooms are clean and comfortably arranged. The waters possess no chemical ingredients worthy of mention; notwithstanding this, it is claimed that they have certain properties which in some manner (however mysterious) have a decided tendency to invigorate the nervous system, and impart tone thereto. Temperature of the waters, 80° F. The analysis is as follows: - Bicarbonate of lime, 1.58; bicarbonate of magnesia, 0.39; chloride of lithia, 0.04; sulphate of soda, 0.80: sulphate of lime, 0.17. Gaseous constituents: nitrogen, 85; oxygen, 8.5; carbonic acid, 6.7. Its elevated position makes it a favourable locale for chest affections and emphysematons and asthmatic cases usually improve here. surrounding scenery is lovely. The village is nearly an hour's drive from the railway station, which to many is a recommendation. The Hotel charges are moderate. There is a Kurtaxe of 20 marks for the season.

The Kurpark is most tastefully laid out. The ruins of an ancient castle are in a lovely situation, and frequently visited. There is an English Church.

Badenweiler is eminently fitted as a residence for those who wish to save themselves from the "hurly-burly" of life. Authors come here to write, artists to paint, musicians to compose, and invalids to rest. It deserves to be better known in this country, then it would become more crowded—and, perhaps, thus lose one of its sweetest charms.

There are other important bathing centres in the immediate neighbourhood, such as Wildbad, Freudenstadt, St. Blasien, Fryberg, &c.

The amusements are varied; there are daily concerts, theatre, &c. Very comfortable hotels, villas, and private apartments. English Church. Post and Telegraph station.

Cabs and carriages by the hour and day.

Doctors: Drs. Neumann, Director of the Baths (speaks English), Thomas, Kollmann, Fraenkel and Weill.

Hotels: Hôtel Sommer; Römerbad; Hôtel and Pension Saupe, and many others.

Bad Reichenhall. — Germany, Upper Bavaria; four hours from Munich; 1,927 feet above sea level. From London by Ostend, Cologne, Munich, Rosenheim and Freilassing in about 32 hours; (1) £614s. 7d.; (2) £418s. 5d.

The most important and most celebrated health and summer resort in the Bavarian Alps; beautifully situated near Berchtesgaden and the Königs See; suitable for patients who have passed winter and spring in the South.

The number of visitors is about 24,000, and the season

lasts from May to October.

The strong spoole spring rising in Bad Reichenhall-24 per cent. of salt, one of the strongest of the Continent-the excellent establishment and the varied ways of treatment, have made Bad Reichenhall one of the most frequented places for many diseases. Chronic catarrh of the air passages, the various forms of phthisis, bronchitis, &c., are cured or relieved by breathing the pure and mild air, which is perfectly free from dust, by the use of the graduation house and inhalation rooms, and by drinking whey and milk. Much benefit is also obtained by the use of the pneumatic chamber in cases of emphysema, certain kinds of asthma, dyspnæa, residue of pleuritic exudations, chlorosis, anæmia, and some forms of deafness. Baths of soole and motherlye are used in cases of scrofula, chlorosis, rickets, protracted convalescence after serious illness, chronic affections of the sexual organs of women, and to stimulate the resorption of exudations in the various organs. Rheumatism and gout are most successfully treated by mud baths and baths impregnated with extract of pinus pumilis. Terrainkur is a speciality of Bad Reichenhall. Owing to the climatic conditions and the abundance of especially, and in particular to the fact that the place is surrounded by mountains and provided with a large number of well-kept roads, which branch out in every direction and are of every degree of incline, it has been specially fitted for the Terrainkur, on the approval and advice of the founder of this method of treatment, Prof. Oertel. Cases of disturbance of circulation (reduced power of the cardiac muscles, heart disease, with insufficent compensation, fatty heart and obesity, derangements of the pulmonary circulation, &c.) are the suitable objects. The most convenient time for such patients to make their stay at Bad Reichenhall is the early spring and the autumn. There are numerous lawn tennis courts, a grand concert hall, reading rooms, &c. The new "Royal Kurhaus," a magnificent edifice containing a concert half holding 1,200 persons, is situated in the Royal Knr Parc, which is beautifully laid out with cool, shady, well-kept walks and resting places.

Bad Reichenhall is in a central position for excursions into

the High Alps.

Doctors: Freiherr von Liebig, Rapp, A. Schmid, Bulling, Harl, Goldschmidt, S., Prof. Cornet, Loeb, F., Ortenau, Schöppner, Krez, Alexander, Heinleth, Pospisil, Brunnhuber, Fleischmann, Winter, Schroth, v. Sadowski, Siegel, v. Faruntowski, Loeb, A., Achilles, Dresdner, Schreiner, Goldschmidt, L.

Hotels: There are a number of first-class hotels, villas with

or without board, and private houses.

Bankers and Exchange Bureaux: M. Grundner and L. Braechter.

Bagnères de Bigorre.—France, Department of Hautes Pyrénées, near Tarbes; 1,750 feet above sea level; 12,000 inhabitants. By S. of

F., via Bordeaux and Monceux, branching at Tarbes.

Saline, sulphurous, ferruginous and arsenical waters, varying in temperature from 72° to 120° F.; upwards of 50 springs; thoroughly good establishments. There is a cold sulphurous spring at Labassère, the waters of which are largely exported.

A winter station.

Season: June to September, especially for the baths. November till May as winter residence, but baths may be taken all the year round.

Number of visitors, 20,000 to 25,000 annually.

Special indications: Owing to the complex character of the waters and the mildness of the climate, the therapeutic indications are very varied. The waters enjoy a high reputation in cases of tuberculosis and affections of the respiratory organs, in affections of the intestines and urinary system, in plethora abdominalis, anæmia, chlorosis, and various female disorders.

The Labassère spring, having lately been acquired by the Company, will add considerably to the therapeutic resources of Bagnères de Bigorre, as it is one of the most powerful

cold sulphurous springs of the Pyrenees.

The town is situated in a valley, open to the north and south; east and west it is sheltered by a range of hills. The climate is very mild and humid, but bracing, owing to the high elevation. Mean temperature during the seven winter months, 46.5° F.; mean barometric pressure 752 mm.; mean rainfall, 4:278 inches a month in winter; rainy days 147; sunny days 123 in the year.

The environs are very attractive, and walks and excursions are abundant, the latter being highly interesting. The town is within five hours of the Pic du Midi, where the highest meteorological observatory in Europe stands. The Casino, a very elegant building, is in an extensive park, and contains a theatre, ball, concert, assembly, billiard and smoking rooms. Concerts daily.

English church: Rev. R. Acland-Twyt.

Post and Telegraph Office: Place de Strasbourg.

Doctors: Drs. De Lagarde, Dejeanne, Gandy, Bourdettes,

Larbès, Bagnell, Cauzier, Cazalas, Chabbert, Collongues.

Hotels: The Hôtel de Paris, Hôtel de Londres et d'Angleterre, &c.

Bagnères de Luchon.—See Luchon.

Bagnet (Le).—France, Hautes Pyrenées, near Bagnères de Bigorre. Waters containing sulphate of soda.

Special indications: Debility.

Bagni-a-Acqua.—Italy, Tuscany, near Pisa, Val di Chiana.

Sulphurous earthy waters, 100° F.

Special indications: Skin diseases, rheumatic gout and paralytic affections.

Bagni (Acqua dei).—Italy, near Naples.

Alkali-saline waters.

Special indications: Jaundice, stomachic, intestinal and vesical catarrhs, diabetes, plethora abdominalis, rheumatism and neuralgic affections.

Bagni-a-Morba.—Italy, Tuscany, between Pomarance and Castelnovo-Sulphurous alkaline waters, 100° to 130° F.

Special indications: Rheumatism, kidney disorders, calculus, gravel, scrofula, herpes.

Bagni di Crana.—Switzerland, canton of Ticino, 3,270 feet above the sea level, near Lago Maggiore and Lago di Lugano.

Sulphurous waters, 90° F.

Very efficacious waters, but there is little or no accommodation. Visited by tourists, but seldom by invalids.

Bagno-in-Romagna; also Terme Leopoldine or Sta. Agnese.—Italy, province of Florence, 3,000 feet above the sea level; diligence from Forli, 3 fcs. each person; carriages, 20 fcs. and 30 fcs.; 6 hours' drive.

Carbonic and sulphurous acid waters, 108° to 110° F., used for

drinking; sitz and shower baths.

Season: June to September.

Special indications: Rheumatism, sciatica, skir diseases, gout.

There is a well-appointed bathing establishment, affording accommodation in 100 rooms; pension from 4 fcs. to 6 fcs.

accommodation in 100 rooms; pension from 4 res. to 6 res. daily. The situation is pretty and healthy, in the midst of chestnut and fir forests.

A Post and Telegraph Office.

Doctor: Dr. Fanti.

Bagnoles.—France, Department of the Orne; altitude, 530 feet. By P. L. M., vid Brionde and Villefort (14\(\frac{1}{2}\) hours). Carriage (3\(\frac{1}{2}\) hours). Saline, sulphurous, lithic, silicate, and arsenical waters. Temperature, 82° F.

Three ferruginous, arsenical, and manganese springs, 54° F. Special indications: Diseases of the digestive organs, skin, rheumatism and scrofula, chlorosis, congestion of the abdominal viscera, phlebitis, old wounds, and chronic sores.

Bathing establishment very complete. Doctors: Drs. Censier, Poulain, Barrabé.

Hotels: de Baines, de Baanoles.

Bagnoli.—Italy, near Naples, on the road to Baiæ, between Posilipo and Pozzuoli by steam tramway.

Saline and alkaline waters, 112° F. Baths, donches, steam

baths.

Special indications: Paralysis, rheumatism, gout, cutaneous affections and scrofula.

Complete bathing establishment.

Springs of Pisciarelli and of the Temple of Serapis.

The principal establishment, where the sea baths are also taken, is called "La Pietra." They are open all the year round.

Doctor: Dr. Pepere.

Bagnols-les-Bains.—France, Department of Lozère; altitude, 2,800 feet. By P. L. M., viā Bronde and Villefort (14) hours). Carriage from Villefort (3) hours).

Sulphate of soda waters, from 70 to 105° F.

Special indications: Cutaneous and pulmonic diseases, rheu-

matism, scrofula, wounds, and chronic sores.

Two establishments, with piscinæ, douches, baths, steam baths, &c. Climate rather severe, and barometric changes rapid.

Bains-les-Bains.—France, Department of Vosges, near Epinal from Paris, vid Mulhouse and Epinal, 10 hours: altitude, 980 feet.

Sulphate of soda, arsenical waters, from 80° to 125° F.

Special indications: Rheumatism, debility, nervous and uterine affections.

Two thermal establishments. The thermometric changes are considerable during the day.

Doctor: Dr. Bailly.

Bains de la Reine.-Algiers, province of Oran, near Oran.

Saline springs containing bromine, 130° F.

Special indications: Liver and stomach affections, cutaneous diseases, rheumatism, &c.

Bains, near Arles.—France, Department of Pyrenées Orientales, near Céret.

Slightly sulphurons alkaline waters, 122° F.

Special indications: Rheumatism, skin diseases, disorders of the digestive organs and urinary system.

The establishments are said to be the original Roman ones.

Bains d'Yverdon.—Switzerland, Canton Vaud. Alkaline sulphurous waters. Balaruc les Bains.—France, Department Hérault, near Montpellier and Cette.

Strong saline waters; springs contain bromine, 50° to 120° F. Special indications: Paralysis, softening of the bones, chlorosis, struma, rheumatism, and anchylosis.

Three bathing establishments.

Doctors: Drs. Cauvy, Planche.

Hotels: Thermes, de France.

Baldini (Acqua dei).—Italy, Tuscany, near Rinfresco. Saline waters. Strongly purgative action.

Baldóez.—Hungary, comitat of Zips, near Kirchdrauf.

Slightly alkaline ferruginous waters.

Special indications: Hypochondria, hysteria, giddiness, sterility, stomachic disorders.

Ballaiques.—Switzerland, Canton Vaud.

Climatic air station, 2,900 feet above the level of the sea.

Doctor: Dr. Vallorbe.

Ballater.—Scotland, Aberdeenshire.

A summer station, also frequented for the waters at Pannanich Wells, which are two miles distant.

Scenery very fine.

Balta-alba and Balta-sarata.—Roumania, near Braila.

Saline lakes, containing much iodine and bromide mud baths.

There is a very good bathing establishment in Balta-alba.

Doctor: Dr. Valleauo.

Baltzatesti.—Roumania, district of Neanitzo.

Saline and brine baths.

The establishmeut is modern and fitted with all appliances.

Doctor: Dr. Kantenur.

Balzach.-Switzerland, canton of St. Gall.

Sulpho-alkaline waters.

Special indications: Scrofulous dyscrasia, chronic skin diseases, old sores.

Bangor. - Wales, Carnaryonshire.

Sea baths; pebbly beach.

Hotels: British and Belle Vue.

Bañolas.-Spain, province of Catalonia, near Gerona.

Sulpho-alkaline waters, 70° F.

Special indications: Neurosis, skin diseases, scrofula, vphilis.

The baths should not be taken for longer than 10 minutes at

a time.

The establishment is good, and the accommodation in the village moderate in price.

Doctor: Dr. Alsina.

Bantry.—Ireland, Cork.
Sea baths; sandy beach.

Barbazan.—France, Pyrenees, Department Haute Garonne, near St. Gaüdens. By O. and S. of F. vid Bordeaux, Tarbes, Montrejean and Lourdes 18½ hours). Carriage (½ hour).

Sulpho-ferruginous waters, 60° F.

Special indications: Cutaneous affections, chlorosis and disorders of the respiratory organs.

Barberie,-France, Loire Inférieure, near Nantes.

Silicated ferruginous waters.

Special indications: Anæmia, chlorosis.

Barbotan.—France, Gers. By O. and S. of F. viā Bordeaux and Mont a Marsan (15 hours). Carriage (3½ hours).

Sulphate of soda and ferruginous waters, from 70° to 100° F.

Sulphurous muds.

Special indications: Rheumatism, paralysis, cutaneous and uterine affections, rickets and syphilis.

Doctor: Dr. Dupouy.

Barèges.—France, Hautes Pyrénées; 4,000 feet above the sea level. Nearest station, Pierrefitte.

Alkali-saline-sulphurous waters, from 90° to 111° F.

Special indications: Scrofula, diseases of the bones, herpes and syphilis.

Season: 15th June to 15th September.

Doctors: Drs. Armieux, Betons, Bergeret, and Grimaud.

Hotel: Des Princes.

Barestrand-Syssel.—Iceland. Indifferent waters, 210° F.

Bari (Acqua-di).—Italy, province of Bari in Calabria; line from Foggia to Brindisi, stop at Bari.

Sulphurous magnesian waters. Sea baths, sandy beach.

The springs all lie close to the sea shore. Purgative action exclusively. No establishment.

Vice-Consul: E. Berner, Esq.

Barmouth.—Wales, Meriouethshire, Cardigan Bay. Sea baths. Smooth sandy beach.

Hotels: Marine, St. Anne's Mansions.

Bartfeld.—Hungary, Com, Saros, near Eperies. Cold ferruginous bicarbonate waters.

A well-arranged bathing establishment, much frequented in summer.

Doctor: Dr. Krompecher.

Barzun.—France, Department of Basses-Pyrénées; 2,500 feet above sea level.

Sulphnrons alkaline waters, 85° F. Special indications: as at Barèges.

Basel.—Switzerland, on the Rhine, from London via Calais and Laon 18 hours, or Flushing and Cologne 23 hours; from Paris by East of France Railway, via Mulhouse, or by North of France Railway to Cologne, and via Collentz, Mayence, and Strasburg.

Native town of Holbein the painter. Cathedral founded A.D. 1019. Byzantine church of St. Elizabeth. Museum; Town Hall, Fountain, and Fish-market. Training institution for Protestant missionaries. Circulating library. Very fine excur-

sions in the environs.

Basel is a city of much importance to those visiting Switzerland, as it is a great railway starting-point, or centre for tourists, many of whom break their journey here to rest after the fatigues of travel. The traveller should remember that there are two railway stations a mile apart, between which tram cars run. The Baden or German station is located in an uninteresting part of the city, and the hotels near it are few and small. The Upper or Swiss station is the principal railway centre.

Doctors: Drs. Bruckner and Haagen.

Hotels: Schweizerhof, Trois Rois, National, Victoria, &c.

Baslow .- Derbyshire.

Hydropathic establishment.

Bastennes.—France, Landes, near St. Sever. Cold saline and sulphurous waters.

Bath.-Jamaica.

Thermal sulphurous waters, which have been employed with success in those cases of intestinal derangements which are frequent in tropical countries.

Bath. - Somersetshire, England, 12 miles from Bristol. Population 78,000. Winter station. Situate in the valley of Hot springs. the River Avon, surrounded by and sheltered on the north, east and south-east by a range of hills 800 feet high, and so enjoys a mild and equable winter climate, being five degrees the warmest inland town in England; rainfall 30 inches. The Bath water, which is the only hot mineral water in England, rises from three springs at a temperature of 117° to 120° F., the supply being practically inexhaustible, amounting to 705,600 gallons daily. The bathing establishments, under the charge of a Special Committee of the Corporation, are open all the year round, there being two chief seasons, Spring and Autumn, the busiest months being April and May and September, October and November. The construction of the baths has been specially directed towards winter bathing, and the arrangements are such as to prevent the possibility

35 BATH.

of chill after the baths, each bath being provided with a handsome dressing room, containing a sofa on which the bather is wrapped in hot towels, sheets and blankets, and allowed to remain until thoroughly cooled; this is considered a much better principle than that obtaining at many foreign watering places, especially Aix, where the bather has to be removed in a chair to his hotel for similar accommodation.

Special indications: Chronic gout and rhenmatism, sciatica and neuralgia, the scaly forms of skin diseases, dyspensia, and

the stiffness of joints resulting from injuries.

The medicinal properties of the waters of Bath were recognised by the Romans, and the magnificent architectural remains of their bathing establishment excavated within recent years are the finest in England, and prove how largely they were taken advantage of. After the introduction of railways and consequent opening up of the Continent, the world of fashion deserted Bath for a time, the Corporation being much in fault in trusting exclusively to the medicinal value of the waters, and neglecting modern and improved bathing appliances. During the last eight or ten years a wiser policy has been followed; between £50,000 and £60,000 has been spent in thoroughly modernizing the baths, which are now among the most perfect in Europe, the result being that Bath has quite regained its former popularity as a centre, the number of bathers having increased from 45,722 to 94,835 per annum. The Mineral Water Hospital gives a return at 85 to 90 per cent, of its bathers as cured or very much benefited by their course. The bathing establishments provide accommodation for all classes, the prices of the baths ranging from 2d. to 3s. 6d. or 4s. each, there being several large warm swimming baths for both classes provided, deep and reclining baths, each supplied with a douche, by means of which a very powerful jet of water can be applied to any part of the body while immersed in the bath. This is quite a feature of the bathing establishment. In the new baths, rooms have been most luxuriously fitted up for supplying the Aix les Bains Douche Massage Baths and thoroughly competent attendants, both male and female, are engaged, though, after ten years' experience the English attendants leave little to A Vichey douche has recently been built be desired. at the new Royal Baths adjoining the Grand Hotel. There are also vapour and shower baths, douche baths for the limbs, enema, and lavement apparatus, and a room fitted up with complete appliances for douching and spraying the throat, eyes, ears and nose. The last addition is the fitting up of a bath for the treatment as practised at Nauheim for heart diseases.

A want long felt at Bath of a suitable meeting-place and recreation rooms for bathers is now supplied, as the Corporation voted a sum of £30,000 for the purpose, and a handsome

snite of rooms is now completed.

Two large parks, and two or three public gardens provide suitable amusement for visitors, a band performing in one or the other during the summer months, and one in the Pump Room during the winter months. The surrounding country is ansurpassed in numerous and beautiful drives and walks.

Hotels: Grand Pump Room, York House, &c.

Bath.-United States of America Bath Co., Virginia.

Thermal waters, visited for amusement rather than medical treatment.

Battaglia.-Italy, Venetia, near Padua.

Saline waters, 160° F.; mud baths; natural steam baths.

Season: May 15th to October 15th, but the baths are open all the year.

Special indications: Rheumatism, scrofula, skin diseases, inflammation of the uterus and ovary, syphilitic bone and skin affections.

The establishment, a veritable palace, is situated on the hill of St. Elena.

Doctors: Drs. Rosanelli and Pezzolo.

Bauche (La).—France, Savoy, viá Chambéry and Les Echelles, 10 hours from Paris; 2,200 feet above the sea level.

Highly effervescent ferruginous waters, 50° F.

Season: June 1st to September 30th.

Special indications: Chlorosis, anæmia, dyspepsia and muscular debility.

Doctor: Dr. Voilland.

Beaucens.—France, Hautes Pyrénées, near Cauterets and Bareges. Sulphurous saline waters, 48° to 50° F. ; little known.

Beaulieu.-France, Alpes Maritimes, near Nice.

Winter station. A small but charmingly situated village in a very sheltered position. It is one of the best stations on the Riviera for the winter months.

Doctor: Dr. H. J. J. Lavis (English).

Hotels: Hôtel Bristol.

Beaumaris.-Wales, Anglesea.

Sea baths, fine sandy beach.

Situate at the entrance of the Menai Straits. The views over sea and mountain are very romantic.

Hotels: Liverpool Arms and William Bulkeley Arms.

Bebra.-Germany, Saxony, near Eckhardsberga.

Chloride of magnesia waters, 35° F.

Special indications: Neurosis, chlorosis, and menstrual derangements.

Doctors: Drs. Altenburg and Triebenstein.

Hotel: German Emperor.

Beggenried.—Switzerland, Canton Unterwalden, on the south shore of Lake Lucerne. Altitude 1,500 ft.

Climatic station.

Owing to the low temperature and pure mountain air, this place is much visited in July and August.

Doctor: Dr. Odermatt.

Belalp.-Switzerland, Canton Valais, 31 hours by an excellent mule path from Brigue. Altitude, 7,100 feet.

Mountain air and whey cure.

Season: From June 1st to October 31st.

English Church.

A starting point for many most picturesque excursions.

Hotel: The Hôtel Belalp.

Bellagio.-Italy, situated on the promontory between Lakes Como and Lecco.

Climatic station.

Season: Spring and autumn.

Special indications: Nervous diseases, also affections of the

chest, throat, and lungs.

Most beautifully situated. Bellagio is one of the most popular resorts in the Italian lake district. The town is small, but accommodation is good. Many beautiful drives and walks; among the latter those to the Villa Belmonte, and the Villa Giulia, provide the best views.

Among the hotels are the Grande Bretagne, Villa Serbelloni, and Grand Hotel Bellagio, all of which will be found comfortable and well managed. Omnibuses from the hotels meet

the steamboats.

English Church services are held in the season.

Belleriève.-Switzerland, Canton of Berne on the Birs, 7 hrs, from Basle, Sulphurous alkaline waters.

Special indications: Intestinal obstructions, congestions, scrofula, hypochondriasis, hysteria, jaundice.

Benasque.-Spain, province of Huesca, near Boltaña.

Ferruginous and sulphurous waters, 90° F. Special indications: Amenorrhea, anæmia, chlorosis, debility, herpes, rheumatism, scrofula, wounds, gont and kindred ailments.

The establishment is very good and accommodation comfortable.

Ben Haroun.-Africa, province of Algiers, near Drael Nizan.

Ferruginous bicarbonate waters, highly gaseous; used only for exportation.

Ben Rhydding.—England, Yorkshire, Wharfedale, near Leeds; 480 feet above the sea.

Hydropathic establishment. Much frequented. Excellently appointed baths. Dr. T. Johnstone.

Bentheim.-Germany, Hanover, near Osnabrück.

Sulphate of lime waters, cold.

Doctors: Drs. Stollenkamp, Inderstrath and Strietholt.

Hotel: Kurhaus.

Berchtesgaden.—Bad. Germany, Upper Bavaria, 2,500 feet above sea level, about 15 miles from Reichenhall.

Climatic air station, with saline and brine baths.

The surroundings are very lovely.

Doctors: Drs. Lacker and Preyss.

Hotels: Kurhaus, Bellevue, &c.

Berck-sur-Mer.—France, near Boulogne.

Sea bathing.

There is here a Marine Hospital for the cure of scrofula, where cases have been most successfully treated.

Berg.-Germany, Würtemberg, near Canstatt.

Saline springs and ferruginous waters, of 45° to 50° F.; similar to the Cannstadt waters, with which their therapeutic properties are also identical.

A very excellent bathing establishment.

Doctors: Drs. Wildermuth and Herdegen.

Hotel: Zum Hirsch.

Beringerbad.-Germany, Saxony, near Alexisbad.

Bromurated saline cold waters, containing 12 grammes calcic chloride, and 9 grammes sodic chloride per litre.

Special indications: Scrofulous and chronic skin affections, diseases of the bones.

Doctors: Drs. Strauss and Schrader.

Berisal.-Switzerland.

Climatic air station, near Brigue and the Simplon.

Berka.-Germany, Grand Duchy of Saxe-Weimar, near Weimar,

Climatic air station; sulphur spring; moor and sand baths; whey cure.

Special indications: Rheumatism and paralysis.

Doctors: Drs. Willrich and Starke.

Hotels: Kurhaus, German Emperor.

Berne.—Capital of Switzerland and Canton of Berne, from London, via Calais and Lille, in 21 hours: fares, 1st class, about £5; from Paris by East of France Railway, via Basle.

In the vicinity of Berne are many small bathing places, among which may be mentioned Bains de Bolingen, Bains de

Gutenbourg.

Fine excursions in the neighbourhood.

Post and telegraph office at the railway station.

Booksellers: Schmid & Francke.

British Consul: Gaston De Muralt, Esq.

Doctor: Dr. Walthard (English).

Hotels: Bernerhof, du Faucon, Belle Vue and Jura.

Berneck.—Germany, Bavaria, near Schorgast, 1,100 feet above sea level. Climatic air station; whey cure and hydropathy.

There is a curhaus with conversation, music and reading rooms. The forests surround the place, and begin at the very gates. Very interesting environs.

Doctors: Drs. Hasler and Schelling.

Bertrich.—Germany, Rhenish Prussia, near Cochem on the Moselle; stop at Bullay Moselle Railway.

Alkaline, saline and sulphate of soda waters, of 75° F.

Special indications: Rheumatic affections, liver and spleen, disorders and affections of the urinary system.

Excellent bathing establishments.

Doctors: Drs. Kaiser, Rieth and Rosch.

Hotels: Adler, Kurhotel, &c.

Berthemont.—France, Department of Alpes Maritimes, near Nice. Highly effervescent, indifferent waters.

Special indications: Lithiasis and vesical catarrh.

Beschtau or Maschukabaths.—Russia, Caucasus, near Pjätigorsk.
Alkaline-sulphurous waters, varying in temperature from

110° to 170° F.

Under this denomination are classed all the springs which rise in the district of Eisenburg and Pjätigorsk. Protected by Peter the Great, they owe their development mainly to the Emperor Nicolas. Residence here is very expensive, which may be one reason why the baths are not more frequented. The establishments are first-rate, and both comfort and amusement are amply provided for. The scenery is of the most romantic character. Abundant shooting and fishing.

Besenyöfalva.—Hungary, comitat of Liptau, on the Waag. Cold effervescent ferruginous waters.

Special indications: Disorders of the arriary system, intermittent affections and affections of the abdominal viscera.

Betaille.-France, Department of Corrèze, near Tulle.

Cold ferraginous waters.

Special indications: Catarrhs, anæmia, chlorosis, atony of the stomach, fluor albus and female complaints.

Bettws-y-Coed.-North Wales.

Health resort, famous for its beautiful scenery.

Hotels: Waterloo and Royal Oak.

Beulah Spa.—England, Upper Norwood, near London. Easily reached from Victoria, Ludgate, Holborn Viaduct, Moorgate-street, London Bridge, Willesden, or King's Cross, to Crystal Palace High Level or Gipsy Hill Stations.

Hydropathic Establishment. Established over half a

century.

Situated in six acres of beautifully wooded grounds, within easy reach of London, and close to the Crystal Palace, on high ground, being about 320 feet above the level of the sea. This Establishment justly possesses a world-wide reputation as a health resort. There are 50 rooms, excellent Turkish and all Hydropathic Baths.

Amusements are varied, as the Establishment possesses a theatre, ball room and billiard room; also lawn tennis courts

and a bowling green.

Beuren.—Germany, principality of Hohenzollern-Siegmaringen, in the Black Forest; 1,580 feet above sea level.

Climatic air and whey-cure station. Climate very mild and

steady.

Special indications: Tuberculosis, chronic catarrh of respiratory organs, bronchial and laryngeal catarrhs.

Bex.—Switzerland, Canton Vaud, near Lausanne and Vevey, in the Rhone Valley; 1,400 feet above sea level.

Saline waters strongly bromo-iodurated.

Season: 1st April to 1st November.

Special indications: Scrofula, rhachitis, chronic rheumatism, liver and nterine affections, plethora abdominalis.

Hydro-therapeutic establishment, very well equipped.

Grape and milk cure.

English Church.

The town being situated just under the Dent du Midi and the Dent de Morcles, lovely views of these peaks are obtained.

Doctors: Drs. Decker, Exchaquet, Testaz, Huenerwadel and Harpe (in summer).

Hotels: Grand Hotel des Bains, Salines and Alpes.

Bexhill-on-Sea.-England, Sussex. Pop. 5,000.

By L. B. & S. Coast, 10 miles from Eastbourne or Hastings.

Season: May to October.

Climate: Sunny and bracing. Rainfall 28:37.

Bexhill is a prettily situated sea-bathing station midway

between Hastings and Eastbourne. A few years ago it was comparatively unknown, but now has some 20,000 visitors annually. It has a good sandy beach and promenade, and the town is clean and well kept. It has a kursaal and a cycling boulevard of $1_{\frac{1}{2}}$ miles along the sea front.

Amusements: The usual seaside attractions are provided, including a regatta in the summer. The White Viennese

Band plays daily for about five months in the year.

Hotel: Sackville.

Biarritz.—France, 64 miles from Bordeaux, near the Spanish frontier.
Pop. 13,000, with about an equal number of visitors. By Calais, Paris, and Bordeaux in 25 hours. Fare £6 10s.

Sea baths in summer, three beaches with fine sands. Also

frequented as a winter station.

Season: July to October.

Climate: Bracing and invigorating. Mean winter temperature 52° F. Built on a cliff and exposed to the full force of the winds and waves of the stormy Bay of Biscay, it is rather too breezy for very delicate invalids. It is so bright, warm, and sunny in the autumn, however, that there are few places so pleasant in the hotter months of the year.

Special indications: Debility from overwork, convalescence, anæmia, chlorosis, and all functional nervous diseases requiring a tonic exhibitant climate do extremely well here. It is unsuitable for cases of organic disease, either of the heart, lungs,

or kidneys.

Biarritz was little known until, in 1855, Louis Napoleon built for the Empress the Villa Eugénie (now the Hôtel du Palais), a magnificent building situated on a small promontory, dividing the Grande Plage into two bays. With the prominence thus given to the place, combined with its pleasant situation and salubrity, it rapidly became fashionable, and has steadily increased in favour. It is now crowded in the season with the best class of French, Spanish, and English visitors. There are English churches, schools, and libraries. Excellent bathing establishments and hotel accommodation are provided, and the district is most interesting for excursions by cycle, diligence or train.

Amusements: There is a casino, with good music; an English club, a large building on the Grande Plage, well furnished, and with good card, billiard and smoking rooms; golf links

on the cliffs.

British Vice-Consul: H. d'A. Bellairs.

English Church: Rev. G. W. Sharpin.

Post and Telegraph Office.

Doctors: Drs. S. Mackew and D. D. Malpas (English), Galland, Lavergue, Lobit, Laborde, Alem.

Hotels: Hôtel d'Angleterre, Grand, du Casino, &c.

Bie-Sweden, in the province of Sodermanland.

Hydropathic establishment. One of the oldest Hydros in the country; good arrangements, excellent gymnastic treatment, strict diet.

Doctor: Dr. A. Levin.

Bikszad.-Hungary, comitat of Szathmár.

Saline and bicarbonate waters, 4 gr. mineralisation.

Special indications: Feeble digestion, constipation, chronic disorders of the respiratory organs, incipient phthisis, menstrual irregularities and other affections of the genito-urinary organs.

The water is exported. In its chemical composition it is

analogous to Gleichenberg, but stronger.

Notwithstanding very moderate accommodation and little comfort offered, Bikszad is much frequented; a good proof of the efficacy of its waters.

Bilbao.-Spain, province of Vizcaya.

Sea baths at Las Arenas y Algarta, Portugalete, and Santurce.

More than 3,000 bathers visit the town during the season.

British Consul: C. W. Bennett, Esq., C.I.E.

Vice-Consul: V. de Larrea, Esq.

Doctor: Dr. R. M. Beattie.

Hotel: Hôtel del Boulevart.

Bilin.—Austria, Bohemia, near Teplitz, station between Dux and Pilsen.
Alkali saline waters; their composition is similar to those of Vichy.

Bilin is well known under the name of the "cold Vichy."

Season: 15th May to 1st October.

Special indications: Catarrh, hæmorrhoidal affections, morbus Brightii, disorders of the urinary system, obesity.

Doctors: Drs. Ritter & Reuss (at the Hydropathic Establishment), Drs. Schilder, Wolff, and Seifert.

Hotels: Lion and High House.

Birchington.-England, Kent.

Sea baths.

Birkdale.-See SOUTHPORT.

Birkenfeld.—Germany, Grand Duchy of Oldenburg, near railway from Kreuznach to Saarbrück.

Ferruginous, magnesian, sodic and calcic bicarbonate waters—tonic and resolvent.

 $Special\ indications:$ Affections of the glandular system.

Doctors: Drs. Flick, Merling.

Birmenstorf.—Switzerland, Canton of Aargau, near Baden.

Bitter waters.

Situated to the west of Schonzach, near Baden. The waters are only used for exportation, they contain 32 grs. of Epsom

salts and 7 grs. of sulphate of soda to the litre. Their action is simply purgative.

Bishops Teignton.—England, Devonshire, 21 miles from Teignmouth.

Hydropathic establishment and health resort.

A charmingly situated residence at the foot of the "Holdon," overlooking the Teign and hills beyond. From the top of Holdon the views are among the finest in the country.

Biskra.—Algeria, 150 miles south-west of Constantine. Population 8,000. From Marseilles by sea to Philippeville 6 hours), thence by train to Biskra (12 hours); or by sea to Algiers, leaving which station at 7 a.m., the train arrives at Constantine at 12 p.m.; thence at 9.30 next day, arriving at Biskra at 6.30 p.m.; a cold rough journey in winter. Fare, from Marseilles, about £7.

Winter station.

Season: November to May.

Climate: Dry and warm; the maximum of sunshine with the minimum of humidity; scarcely any chill at sundown, even in January. The worst feature of the place is its lability to cold north winds and dust storms, which are very trying, but fortunately not very frequent.

Special Indications: Pulmonary and renal affections in their early stages; gout and rheumatism; catarrhal affections. The difficulties of transport have to be taken into consideration in sending a patient to Biskra. It is a trying and tedious journey even to the strong and healthy, and patients suffering from advanced phthisis or Bright's disease should on no account be sent here.

Biskra is on a charming oasis in the Sahara desert, watered by the Wady Biskra and by springs. It consists of a large Arab town, built in the usual Moorish style of light architecture, with flat roofs and shady patios, the streets being magnificent groves of shady palm trees. The view is bounded on the north by the Algerian mountains, but is open to the desert on the south. It has during the past few years been much extolled as a health resort for consumptives, but probably on insufficient data. A visitor who spent some five months there last year and made careful observations, writes: "I think Biskra will never be a good place for invalids; the journey is too risky in winter, and the winds are awful and change of temperature very great—the dreadful north winds are the curse of the place."

Amusements: Many interesting excursions may be made and those who are prepared to rough it may get some good shooting, chiefly of quails, hares, and bustards.

Doctor :

Hotels: Royal, Victoria.

Bistritz.-Austria, Moravia, near Ollmütz and Hullein.

A celebrated whey cure station; The Appenzell of Austria. Sheep's milk only is used.

Season: June—September.

There is a castle, with large park open to visitors. Very much frequented.

Doctor: Dr. Toff.

Bivuto di Termini.—Italy, Sicily, between Palermo and Sciacca.

Thermal sulphurous waters.

Very suitable bathing establishments, and the accommodation in the convent of St. Kalogerus is comfortable.

Blackpool .- England, on the Lancashire coast.

Sea bathing; good sands.

Climate: Healthy and bracing, and especially suitable for

cases of debility and for convalescents.

One of the most popular seaside towns in England, with a population of about 30,000, and a very large influx of visitors in the bathing season. There are two piers, good winter gardens and aquarium, and public park, and excellent entertainments are given in the season.

Hotels: Palatine and Marsden.

Blankenberghe.—Belgium, near Bruges.

Much-frequented sea baths; fine sands and pier; more retired and quiet than Ostend.

Doctors: Drs. Cosyn, Butaye and Van Damme.

Hotels: Cursaal, Godderis.

Blankenburg.—Germany, principality of Rudolstadt, near Weimar and Halberstadt.

Pine-cone sap and resinous baths; hydropathy.

Special indications: Herpes, scabies, excessive perspiration, muscular pains, paresis.

The accommodation is comfortable, and living exceedingly cheap.

Doctor: Dr. Warda.

Hotel: Zum Weissen Adler.

Blankenhain.—Germany, Thuringia, near Weimar; 1,100 feet above sea level.

Climatic air station; whey and milk cure.

The surrounding country is very charming.

Doctors: Drs. Friedmann and Silberstein.

Doctors. Dis. Theatmann and Shoeister

Blasewitz.—Germany, Saxony, near Dresden. Climatic air station.

The environs are picturesque. Inhabitants of Dresden form the chief contingent of the visitors.

Doctors: Drs. Barth, Kaphengst, Knautte.

Hotel: Bellevue.

Bleichbad.—Switzerland, Canton of St. Gall, near Altstätten; 1,500 feet above the sea level.

Ferruginous saline waters, with strong odour of sulphur. Special indications: Gout, rheumatism, paralysis, neuralgia.

Blida.-Algiers.

Climatic health resort (see ALGIERS).

Blue Sulphur Springs.—U.S. North America, Virginia, Co. Greenbrier. Sulphurous waters.

Special indications: Rheumatism, scrofula, syphilis.

Blumenstein.-Switzerland, near Berne.

Cold ferruginous alkali-saline waters.

Special indications: Constitutional debility.

A fairly good bathing establishment.

Doctor: Dr. Voegli.

Bocklet .- Germany, Bavaria, near Kissingen.

Cold, sulphurous and chalybeate waters, rich in carbonic acid gas: mud baths.

Frequented by patients at Kissingen.

Special indications: Scrofula, plethora, diabetes, hyperæmia of the liver, anchylosis, chronic muscular affections, torpid sores.

Doctor: Dr. Werner.

Bocskó Rahó.—Hungary, comitat of Marmaros, 7 miles from Szigeth.

Iodurated saline waters.

Special indications: Affections of spleen and liver, scrofula and rachitis.

Bodendorf.-Germany, Rhenish Prussia, near Neuenahr.

Climatic station; grape cure.

Especially frequented by invalids suffering from chest and nervous complaints.

Boesing .- Austria-Hungary, comitat of Pressburg.

Ferruginous alkaline waters, effervescing.

Special indications: Chlorosis, blenorrhœa, hysteria.

Bognor,—England, Sussex. Pop. 5,000. Midway between Brighton and Portsmouth, and 66 miles from London.

Sea-bathing, excellent sands, mild winter station.

Season: June to September.

Climate: Equable and mild.

Bognor has the reputation of having one of the best beaches in England. The sands slope gently outwards to the sea, and bathing is particularly pleasant and safe. Mixed bathing is allowed here. The water supply and drainage are good. Death rate 12.3 per 1,000.

Amusements: The usual seaside diversions are provided in the season, and there are excellent clubs for residents. Assembly rooms and theatre. Charming excursions in the neighbourhood to interesting and picturesque spots.

Hotels: Royal Norfolk, Pier, &c.

Boll.—Germany, Würtemberg; Station Göppingen; 1,300 feet above the level of the sea.

Cold alkali-saline-sulphurous waters; milk cure; mild climate.

Special indications: Affections of the larnyx, skin diseases, contractions, stiffness of the joints.

Boltenhagen.—Germany, Mecklenburg Schwerin, equally distant from Lübeck and Wismar.

Much frequented for its sea baths; fine sandy beach, with pine forests behind.

Doctor : Dr. Kelling.

Hotels: Kurhaus, Luckmann's.

Bonchurch.—England, Isle of Wight. One mile from Ventnor. Sea baths.

Hotel: The Bonchurch.

Bondonneau.—France, Department of Drôme, near Montélimar; 500 feet above sea level.

Alkaline iodurated waters; effervescent, 60° F. Good establishment.

Special indications: Scrofula, obesity, tuberculosis.

Doctor: Dr. Moser.

Bonifacius Waters. See SALZSCHLIRF (Bad).

Bonn.—Switzerland, Canton of Fribourg, two hours from that town; altitude 1,600 feet. From London, rid Ostend, Brussels and Cologne, in about 14 hours.

Sulphurous ferruginous waters.

Special indications: Skin diseases.

There are baths situated by the side of the river; the surrounding country is picturesque and well wooded. The spring has been known since the 15th century.

Bonndorf.—Germany, Baden, in the Black Forest; 2,600 feet above the sea level.

Climatic air station.

The scenery is very charming, and the air is very pure.

Doctors: Drs. Baumgartner and E. Wörner.

Bonneville.-France, Savoy, near Bourg St. Maurice.

Thermal sulphurous waters, analogous to those of St. Gervais, 85° F.

Doctors: Drs. Galais and Perrier.

Boppard.—Germany, Rhenish Prussia, between Coblentz and Mayence. Climatic air station and hydropathy.

The surrounding country is very wooded and extremely

lovely. Very quiet and retired life.

Doctors: Drs. Auer, Borges, Cæsar, Döllner, Gielen and Höstermann.

Bordeaux.-France, on the Garonne; 363 miles from Paris by Orleans

Railway, and 60 miles from the coast. Not a health resort, but is a convenient place for breaking

a long journey, and is within easy distance of Arcachon,

Royan, Soulac-les-Bains, and other bathing places.

A large and busy port, the third in point of size and importance in France, and the centre of the wine export trade. It has a population of about 250,000, and is the capital of the Department of Gironde. The river here is nearly half-a mile wide.

English Church: Rev. J. W. Burke.

British Consul: W. Hearn, Esq. Vice-Consul: W. P. Samborne, Esq.

Doctors: There are many French Doctors, J. H. Ogilvie (English).

Hotels: Hotel Français, Grand Hotel, Hotel des Princes et de

la Paix.

Bordighera.-Italy, on the French frontier and on the Riviera. From London via Calais or Boulogne, Paris and Marseilles. Fares about £7 18s.

Winter station, well frequented, but quiet. It is one of the most beautiful health resorts on the Riviera, situated amongst groves of olive, orange and palm trees, and an excellent centre for walks and excursions. One of the great advantages of Bordighera is that the air is exceptionally saline. Mean temperature November to April, 52° F.

The International Free Library in the new museum contains about 7,000 volumes.

English church.

British Vice. Consul: E. E. Berry, Esq.

Doctors: Drs. G. Hamilton and D. L. Hubbard.

Hotels: D'Angleterre, Angst, Belvedere, Royal, Londres and Lozeron.

Borgholm.-Sweden, Isle of Oland.

Sea baths, splendid climate, and mildly invigorating air. Southern vegetation. Much frequented by tourists.

Doctor: Dr. S. Lindström.

Borines.-Spain, province of Oviedo, near this town.

Saline sulphurous waters, used only internally on account of the limited supply from the spring.

Special indications: Gastralgia, dyspepsia, skin diseases and

affections of the mucous membranes.

The establishment is modern, and is visited chiefly by the surrounding inhabitants. The site of Borines is romantic.

Doctor: Dr. Ayegni.

Borkum.-Germany, Prussia, prov. Hanover. An island in the North Sea.

Much visited for sea-bathing, especially by Hanoverians.

Doctors: Drs. Schmidt, Kock and Waner.

Hotel: Kaiserhof, Victoria, &c.

Borla.—Italy, also called Acqua del Mortagone. Saline waters, 85° F.; highly effervescent.

Special indications: Constipation, lymphatism, adenitis.

Bormio.—Italy, Lombardy, Upper Valteline, on the Adda; 4,700 feet above the sea level. (See map at end.) Nearest station, Colico.

Four springs. Inert thermal waters, from 90° to 120° F.; a

Four springs. Inert thermal waters, from 90° to 120° F.;

limatic station

Season: 1st June to 1st October.

Accommodation good.

Doctors: Drs. Battersby and Reali.

Borschom.—Russia, Russ. Georgia, on the Kura; 2,630 feet above the sea level, near Pjätigorsk.

Alkali-saline waters, 75° to 95° F.

Special indications: Gravel, affections of the mucous membrane of the respiratory, digestive and nrinary organs; hyperæmia of liver and spleen; hæmorrhoids and plethora abdominalis, as also disorders of uterus and ovaries.

Borschom is very quiet, and the surrounding country wild.

The accommodation is good, and residence agreeable.

Doctor : Dr. Remmert.

Borszek.—Austria, Transylvania, on the Moravian frontier in a valley of the Carpathians; 2,400 feet above the level of the sea.

Alkali-saline waters, highly charged with gas; mud baths. Special indications: Affections of the uterus, atony-

Special indications: Affections of the uterus, atomyparalysis, liver and spleen disorders, gravel and vesica complaints.

A good bathing establishment.

The climate is very trying and variable. Borszek is the most important watering-place in Transylvania. The water is largely exported. Accommodation abundant, and in accordance with modern requirements.

Doctors: Drs. Czeh and Fajer.

Bottaccio.—Italy, Tuscany, near Castelnnovo-Rerrardenga.

Sulpho-ferruginous waters.

Special indications: Affections of the uterus, amenorrhoa, chlorosis.

Botzen. - Austria, Tyrol.

Air cure station; grape cure.

Hotel: Victoria.

Boulogne-sur-Mer.-France, Pas de Calais. Population 50,000. From London by Folkestone in 41 hours.

Sea baths, and one ferruginous saline spring.

Season: July to August.

The Casino faces the bathing establishment. There is a Theatre. Fine view from belfry. There is an English college and many schools and churches, the number of English residents being about 2,500.

British Vice-Consul: H. F. Farmer, Esq. Bookseller: Merridew, 60, Rue de l'Ecu.

Doctors: Drs. Borgain, Patin, Carr, Philip (the last two are English).

Hotels : des Bains, de Londres, &c.

Boulou (Le) .- France, Pyrénées Orientales, near the Spanish frontier; altitude, 275 feet.

Alkaline waters similar to those of Vichy, and ferruginous to those of Spa. 60° to 70° F.

Special indications: Anæmia, obesity, chlorosis, gravel.

Doctor : Dr. Massot.

Bouquéron.-France, Isère, near Grenoble.

Alkaline waters similar to those of Evian.

One of the best appointed hydro-therapeutic establishments. Terebinthine baths.

Special indications: Affections of the urinary organs, bladder, liver and kidneys.

Bourbon l'Archambault.-France, Department of Allier; altitude, 900 feet. From Paris by Orleans Railway to Sauvigny, 51 hours; carriage 1 hour.

Bromo-iodurated saline waters, 125° F.; bicarbonate ferruginous magnesian waters, 120° to 160° F., highly gaseous.

Special indications: Scrofula, rhenmatism, paralysis, nervous affections.

The bathing establishment is the property of the Govern. There is a civil and military hospital.

Doctors: Drs. Desché, Lejeune, Malley and Régnault.

Hotels: France, Parc, and Montespan.

Bourbon-Lancy.—France, Saone and Loire; altitude, 780 feet. P.L.M. via Nevers, 84 hours, thence by carriage, 14 hours.

Six thermal saline ferruginous springs, from 66° to 135° F.

Season: 15th May to 15th October.

Special indications: Scrofula, chlorosis, paralysis, syphilis. These waters stimulate mucous secretion; when taken in large doses they are purgative; also tonic and alterative.

Doctors: Drs. Favre, Goede, Pain and Toussaint.

Bourbonne-les-Bains.—France, Haute Marne; 850 feet above the sea level. E. of F. Railway from Paris, branch at Vitrey, 8½ hours.

Bromo-iodurated saline waters of 140° to 150° F.

Season: May to October.

Special indications: Scrofula, paralysis, rhenmatism, catarrh of the stomach and constitution.

The new establishment is replete with all appliances.

There are some fine promenades, and the excursions are very interesting.

Doctors: Drs. Bouvier, Ballet, Mercier (speaks English), Gay and Prudon.

Hotel: Hotel des Bains.

Bourboule (La).—France, Auvergne, Department of Puy de Dôme; 2,850 feet above sea level: 1,400 inhabitants. London to Paris. From Paris in about 10 hours, by day or night express by the Orleans Co. without change: or by P.L.M. line with change at Clermont—Ferrand.

Effervescent saline arsenical waters (28 milligr, arseniate of soda per litre), 140° F. Springs; Choussy and Perrière.

Season: 25th May to 30th September.

Number of Visitors: Above 10,000 annually, including about above 4,000 patients.

Special indications: Anæmia, lymphatism, affections of the skin and respiratory organs, diabetes, rheumatism and fevers.

There are three bathing establishments, thoroughly well fitted up and ably managed.

La Bourboule is situated in the midst of the most lovely scenery in the Auvergne. The treatment of skin diseases, and cases requiring an alterative form of treatment, is here successfully carried out.

The agents in England for the waters in bottle are Messrs. Ingram Royle, Ltd., 26, Upper Thames Street, London, and at

Liverpool and Bristol.

The Casino has been lately finished; concerts are given daily; all sorts of amusements, including lawn tennis.

English Church service.

Doctors: Drs. Gilchrist (English), Bertrand, Riberolles and Vevrières.

Hotels: Grand Hôtel de Paris (see advt. at end), the Grand Hôtel Bellon and des Iles Britanniques.

Bournemouth,—England, Hants. Pop. 50,000; 116 miles from London ($2\frac{1}{2}$ hours). Sea baths and winter station.

Season: All the year, but most fashionable in winter.

Climate: One of the mildest in the British Isles. The air is soft without being relaxing, and the summer heat is not excessive, owing to local sea breezes. In winter the average mean temperature is 42° F., average rainfall 28.73 in. It is sheltered from the north and east by outlying hills and pine woods, and open to the warm breezes from the south and west.

Special indications: Pulmonary and bronchial troubles, con-

valescence, debility, scrofulous diseases, and anæmia.

In 1838 Bournemouth consisted of a few fishermen's huts and a coastguard station. In 1861 the population was 1,940; in 1881, 16,850; 1891, 37,650. It has now first-class accommodation for visitors and excellent sea bathing, the sands extending about three miles. On a dry sandy soil, and built for the most part in the pine-clad valley of the Bourne Brook, the town is particularly healthy and suitable for a winter residence for invalids. Annual death rate 10.8. Special facilities for reaching the pretty town are afforded by the railway companies. There are public pleasure grounds of some miles in extent, and the country around is very beautiful.

Amusements: Winter garden and pavilion; a municipal orchestra of 35 performers, under Mr. Dan Godfrey. Symphony concerts on Mondays and Thursdays in the season. An excellent theatre, with first-class companies; corporation golf links, among the finest in the country. A Carnival is held in August, with Battle of Confetti, and there is an annual "grand fancy poudre and full dress ball" at Easter. Boating, sailing, and all aquatic amusements are amply provided, and the

visitor to Bournemouth need never be dull.

Hotels: Bath, Newlyn's Royal Exeter, Imperial, Grand, Mont Dore, High Cliff, &c.

Bourtscheidt, sometimes spelt Borcette.-Germany, a suburb of Aix-

la-Chapelle.

Chloride of sodium and sulphurous waters, from 107° to 190° F. The water of Bourtscheidt is said to be the hottest in Europe, not excepting the Iceland Geysers. It is weak in saline constituents, and is not much used medicinally.

Special indications: Rheumatism, scrofula, syphilis, nen-

rosis and gout.

Doctors: Drs. Hammelsheim and Schroder.

Hotels: De la Rose, Charles, Newbath.

Bowness.—England, situate on Lake Windermere. Hydropathic establishment, known as The Windermere.

Hotels: Old England, Crown, &c.

Braga.-Portugal, province of Minho.

Sulphurous and ferruginous waters.

Bramstedt .- Germany, Holstein, near Hamburg.

Three springs: one saline, one sulphate of soda, and one chalybeate.

Doctors: Drs. Paul Wulf, Hartmann and Postel.

Brannenburg.—Germany, Bavaria near Kufstein, 1,600 feet above the sea level.

Climatic air station. Whey cure.

Doctors: Drs. Glasser and Danzer.

Braunfels.—Germany, Rhenish Prussia, near Coblentz.

Resinous steam baths. Fine bracing air.

Special indications: Rheumatism, gout, chronic skin diseases, mucous discharges, especially in females; menstrual difficulties.

The bathing arrangements are of a superior kind. Accommodation very good. The surrounding country is charming.

Doctors: Drs. Bode, Gerster, Stephan and Liebe.

Hotels: Schlosshotel, Seyb.

Bray.-Ireland, Counties Dublin and Wicklow.

Sea baths, sandy and gravelly beach.

There is also a mineral spring, which, however, is little used, its exact composition not being known.

Bregenz.-Austria, Tyrol, on the eastern extremity of the Lake of Constance, 1,903 feet above the sea level. 5,500 inhabitants.

Climatic station in summer, with mild and equable air.

Chiefly a centre for excursions.

The old town is very interesting from its ancient buildings. It is surrounded by pine and beech forests, which fill the air with their odour.

Bathing establishment on the lake, near the "Reichstrasse." The walks in the immediate vicinity of the town are well kept and longer excursions of endless variety may be made. There is a museum in the Riedgasse, containing many interesting specimens of the fauna and flora of the districts, with many antiquities and prehistoric relics.

Post Office: Near the station and the port.

Telegraph Office: Römerstrasse.

Doctors: Drs. Bär, Von Honstetter, Müller and Heusler (Homœopath).

Hotel: Hôtel d'Autriche.

Breidablik. - Norway, Valders.

Climatic air station, 1,969 feet high.

Forest and mountain air. Doctor: Dr. H. Evjen.

Brest.—France, Department of Finisterre. Pop. (1881) 69,000. Summer tourist resort.

A fortress and fine naval port, with an inner and outer harbour. The tide rises about 19 feet. Very damp climate, but much visited for the interesting surroundings. Some seabathing.

Post Office: Rue Traverse.

Telegraph Office: Rue St. Yres. British Consul: Herbert Gye, Esq. Vice-Consul: Frederick Bonar, Esq.

Doctor: Dr. Garnier.

Hotels: Continental, des Voyageurs.

Brestenburg.-Switzerland, Canton Argovie.

Hydropathic establishment open all the year round, fitted with massage appliances; electric baths, &c.

Doctor : Dr. Münch.

Brides-les-Bains.—(The French "Carlsbad"), near Aix-les-Bains, Department of Savoie, France, is situated about 1,800 feet above the sea level). From London in 23 hours by Paris, Chambery, St. Pierre and Albertville tc Moutiers-Salins, thence by carriage (\frac{1}{2}\) hour).

Railway Station: Moûtiers - Electric Tramway.

Season: From the 15th of May to the 1st of October.

Alkaline and saline springs of about 95° Fahrenheit, of a purgative and tonic influence, containing principally iron, chloride of sodium, magnesium and lime. Complete hydropathy, consisting of drinking water, simple, Russian and Turkish baths, inhalations, douches, &c.

These waters are especially recommended for the treatment of gout, diabetes, obesity, liver diseases (Indian liver), obstruction of the spleen, plethora of the abdomen, constipation, chronic diarrhæa, dysentery, hæmorrhoids, sick headache, congestion of the brain, diseases of the uterus, some kinds of chronic rheumatism, indigestion, dyspepsia, &c.

The waters are taken in the morning before breakfast, in daily doses of one to three tumblers; their effect is tonic and aperient. Taken in quantities of four to eight glasses the

effect is laxative and purging.

These springs have the great advantage that they can be taken daily for long periods without the irritation which is often caused by similar stronger springs after a few days' use.

The Brides salts, obtained from the springs through evaporation, have an identical effect. As it can much more easily be carried, the salt is especially to be recommended to travellers, and chiefly those in hot countries. Dissolved in a tumbler full of lukewarm water, it forms the best substitute for the natural spring—water of Brides, wherever the latter cannot

easily be procured.

The village of Brides is very pretty itself and a picturesque neighbourhood. A new thermal establishment has recently been built in the park at a large outlay, and likewise a splendid casino, which offers to the visitors all the usual attractions of the most popular watering-places, viz., a theatre, concerts, balls, lectures, billiards, gaming, etc. Tennis and cricket; also fishing and shooting during the season, excursions in the neighbourhood, etc. English divine service is regularly celebrated in a recently constructed small church.

Post and Telegraph Offices are open the whole year round.

Physicians: Drs. Delastre, Desprez, Gonthier, Laissus, Philbert, Arbois Jabainville and D. W. Samways (English).

Hotels: Grand Hôtel des Thermes with annexe, and the Hôtel de France.

All correspondence and orders for the springs in bottles, or the thermal salt, ought to be addressed to the

Directeur des Etablissements Thermaux,

à Brides-les-Bains, (Savoie) France.

Bridge of Allan.-Scotland, Stirlingshire.

Climatic station and resort for saline springs. Southern exposure, admirably sheltered from the cold north and east winds of spring.

Climate mild, equable, and sedative. Suitable for pulmonary and bronchial affectious, open air treatment of phthisis, dyspepsia, and general debility.

Hydrotherapy a special feature. Saline, mineral, and Turkish baths. Properties of the water, are aperient,

diuretic, and tonic.

Indications: Gout, rheumatic affections, stomach and liver disorders, anæmia, and certain skin diseases, as dry eczema and acne.

Resort situated amidst picturesque scenery. Interesting walks and drives in neighbourhood. Golf course. Ample accommodation for visitors.

Hydropathic, and numerous villa lodging-houses.

Hotel: Philp's Royal Hotel.

Bridge of Earn.-Scotland, Perthshire, near Perth.

Highly effervescent saline waters, 45° F., at Pitkeathly.

Special indications: Plethora, calculus, syphilitic and liver

Special indications: Plethora, calculus, syphilitic and livaffections.

Bridlington-Quay.-England, Yorkshire.

Sea baths and chalybeate waters.

Sandy and shingly beach, air pure and bracing.

Bridport.-England, Dorsetshire.

Sea baths, firm, sandy beach, bracing climate; the bathing is, however, dangerous for those unable to swim.

Brieg.—French Brigue—Switzerland, Canton of Valais, on the right bank of the Rhône, at the foot of the Simplon and Furca Pass. Terminus point of the Jura-Simplon Railway.

Sulphate of lime springs, 105° F.

Special indications: Blenorrhæa, constipation, chronic rheumatism and skin diseases.

Notwithstanding the proximity of glaciers, the climate is very mild, and in the valley even tropical fruits ripen. Visited so long ago as the fourteenth century, it has been neglected of late, owing to the proximity of Leuk.

Hotels: Hôtel Crown and Post,

Brienz.-Switzerland.

Climatic air station.

Doctor : Dr. Koerber.

Brighton.—England, Sussex. Pop. 115,873.

From Victoria by L. B. & S. C. in about 11 hours.

Season: All the year. From May to October there are hourly excursions coming in by sea and land, but from October onward these cease and the regular winter season begins.

Climate: Bracing. Mild in winter (mean winter temp.

48° F). Rainfall 25.97.; 138 rainy days.

Special Indications: Anamia, chlorosis, affections of the respiratory organs, scrofula, general debility and nervous affections.

Brighton, or as it is called "London by the Sea," is one of the sunniest spots in England during the winter months, and on this account, together with its accessibility from London, it attracts more visitors than any other seaside town in Great Britain. Its promenade on the sea front, called the King's Road, is far famed. There is also an underclift promenade, so that those who do not like the full sea breeze can walk protected by the cliff above. The surrounding country abounds in pleasant drives, and every facility of access is provided. The town has excellent shops and public buildings. During the summer there is bathing from the beach, though the large swimming baths are more in fashion than open sea bathing.

Amnsements of every kind are provided. A well-known

yachting station.

Bank and Exchange Office: T. Cook & Son, 50, King's Road. Hotels: Métropole, Grand, Bedford, Norfolk, Pier.

Brixen.—Austria, Tyrol, 30 m. from Brenner Pass, 1,934 feet above the sea level.

Considered an air-cure station. Ferruginous waters.

Hotel: Elephant.

Brixham.—England, Devonshire, near Torquay.
Climatic station. Season, October—April.

Broadstairs.—England, Kent, between Ramsgate and Margate.

Sea baths; sheltered and sandy beach.

Climate healthy and bracing.

Season: June to October.

Hotel: Grand.

Brotterode.—Germany, Thuringia, near Schmalkalden; 1,800 feet above the sea level.

Climatic air station, resinons baths.

Doctor: Dr. Mansfeld.

Broughty Ferry.-Scotland, Forfarshire.

Sea baths.

The good establishments, comfortable accommodation, &c., attract large numbers of visitors.

Brückenau.-Germany, Bavaria, 4 hours' drive from Kissingen.

Chalybeate springs; ferruginous moor baths and douches. Season: May 15th to October 1st; about 2,000 visitors.

Special indications: Anamia, uterine diseases, affections of the mucous membranes.

Doctors: Drs. Wehner, Fuchs, Schlagintweit, and Winterstein.

Hotel: Kurhäuser; all are under Government management.

Bruneval.-France, Department of Seine Inférieure, from Paris viá Les Ifs and Le Havre.

Sea baths; sandy beach.

A quiet and aristocratic place.

Brunnen.-Switzerland, Canton Schwyz, on the Lake of Lucerne. Climatic air station.

Hotel: Waldslatterhof.

Doctor: Dr. Schælbert.

Brusa.-Turkey, Asia-Minor, 57 miles south of Constantinople, one of the most flourishing towns in the Ottoman Empire.

Alkaline, saline and sulphurous waters, varying in temperature from 55° to 170° F.

Season: All the year round.

Special indications: Skin diseases, gout, rheumatism.

syphilis, chronic sores.

Brusa is the most interesting and the cleanest city in the East. It is situated in the ancient Kingdom of Bithynia, in a very beautiful country at the foot of Olympus, which is 4,500 feet high. The baths are excellent and very interesting; as many as 3,000 springs are said to exist in and round the city.

Amongst the bathing establishments, "Ieni-Kaplidscha" is the most interesting and best appointed, both in its interior and its architecture. It is generally called the "New Bath." The cisterns, basins, walls and seats are all of white marble; light enters from cupolas. There are seven public baths, all fitted with such splendour and elegance, that this establishment may fairly be said to have no rival either in Europe or the East. The arrangements are, however, limited to the Turkish, i.e. perspiration, baths.

The waters are exclusively used in bathing, and are not taken internally. Their high temperature and the steam in which the bather is enveloped during the whole process make these baths pre-eminently "Turkish" or "Steam" baths. The greatest luxury is everywhere met with.

There are two or three other establishments with very good arrangements.

and a large number of inferior ones.

Bruszno.-Hungary, district of Sohler.

Sulphate of soda waters, 45° to 50° F.

A much-frequented watering-place.

Brüttalen.—Switzerland, canton Berne; 1,360 feet above the sea level.

Alkali saline ferruginous waters.

Special indications: Constipation, congestion, hypochondria, hysteria, jaundice.

Brussels.—Capital of Belgium. From Paris 193 miles by North of France Railway: from London via Ostende in 8½ hours. Pop. 520,000.

A convenient resting place for travellers going south by the Belgium route. It is a very old city, and offers many attractions to visitors. There is quite a large "British colony" resident here, with church, bank, club and institute, and several English medical practitioners.

There are three railway stations in Brussels: -du Midi (for Paris), du Nord (for Ostend and Cologne), and de Luxembourg

(for Strasbourg and Basle).

British Vice-Consul: T. E. Jeffes, Esq.

Bankers and Exchange: T. Cook & Sons, 41, Rue de la Madeleine.

Bookseller: H. Lamertin, 20, Rue du Marche au bois.

Doctors: Drs. G. P. Nicolet and P. J. Thomson (English), and H. Collignon (American).

Hotels: Grand, de l'Europe, Mengelle Metropole, and many others.

Bubendorf.—Switzerland, near Basle; 1,200 feet above the sea level. Earthy waters.

A very good establishment, with sitz, shower and vapour baths.

Buchenthall.—Switzerland, Canton St. Gall; altitude 1,700 feet. Hydropathic establishment.

Doctor: Dr. Wollensack.

Buchwald .- Germany, Silesia, near Kirschberg.

Climatic air station.

The park of the castle is open to visitors. Quiet and unpretending.

Buclesore.-India, Bengal.

Springs forming a small sulphurous brook, 50° F.

Budapest.—Austria-Hungary. From London by Ostend-Vienna express 36 hours. vid Paris by Orient Express to Vienna, and on to Marchegg or Brück.

Thermal saline, ferruginous and sulphurous waters.

Special indications: Diseases of women.

Bndapest, the capital of Hungary, comprises the joint cities of Buda and Pest, and has an increasing population, now numbering upwards of half a million. Buda is on the

west side of the Danube, Pest on the east, the two towns being connected by chain, stone and iron bridges. Buda, the old town, is pregnant with historical associations. Here also are found important mineral springs, the chief of which are Æsculap; Apenta and Hunyadi Janos, justly famed for their therapeutic qualities. The large bottling establishments from which the Æsculap and Apenta waters are exported are under English management. Messrs. Ingram & Royle, Limited, 26, Upper Thames Street, London, and at Liverpool and Bristol, are the sole agents in England for "Æsculap water."

Apenta is drawn from springs, near Budapest, Hungary. These springs and their exploitation are under independent scientific supervision. The Lancet describes it as "one of the most valuable of aperient waters." Professor Oscar Liebreich in the Therapeutische Monatshefte, Berlin, writes as follows:—"The proportion of sulphate of soda to sulphate of magnesia is 15:432 to 24:4968 in the litre, so that Apenta water is to be classed with the best aperient waters, and may be pronounced one of the strongest. Owing to the constancy of Apenta water, that confidence in aperient waters which had been lost will be revived in favour of this important therapeutic agent."

About three miles from Buda is the Elizabeth Saltbath, the waters of which are extensively employed for women's diseases. At the Margaret, on the Danube, is the Margath Bath. There is a variety of mineral springs; among the principal are the Raiczenbad, Kaiserbad, Lucesbad, and Rudasbad.

The new town of Pesth is low, but has fine streets, which are well laid out and arranged. It is full of important museums, churches, picture galleries, &c.; it has also a fine University and Parliament House. Among the numerous medical men are many university professors, such as Profs. Koraingi, Regmarsky, Tauffer, Lanfenauer, Bokai, &c.

British Consul-General: C. C. Thornton, Esq.

Consul: J. Brüll Esq.

Bankers and Exchange Bureau: T. Cook & Son, Vaczinteza 22.

Booksellers: P. Franke, &c.

English church service at Hotel Hungaria.

Hotels: Hungaria, Queen of England, National, Continental, Pannonia, &c.

Bude.—England, Cornwell, 10 miles from Holsworthy Station on the London and South Western Railway.

Sea baths.

Budimir.-Austria, Bosnia.

Saline waters, of high therapeutic value.

Accommodation is only afforded in the Khan, a building in the style of an Eastern Karavanserai. Provisions must be brought by visitors.

Budleigh Salterton .- England, Devonshire, near Exmouth.

Sea baths, gravelly beach.

Air very pure. Climate mild but bracing.

Hotel: Rolle Hotel.

Büdöstö.—Hungary, Transylvania. Sulphur waters, 40° F.

A popular bathing resort.

Builth Wells.—The Park Wells, Breconshire, S. Wales; altitude about 400 feet.

Reached by L. & N. W. R., Euston to Builth Road, thence one mile; or by G. W. R. and Cambrian Railways, vid Gloucester and Threecocks.

First and second class pump rooms, hot and cold baths, and Boarding-house.

Saline, chalybeate and sulphur springs of very superior quality, the solid contents of the saline water per imperial gallon amounting to 1138'977 grains.

As a Health Resort, on account of its mild salubrious climate and beautiful scenery, the town of Builth Wells, or Buallt (its ancient name), cannot be surpassed; it already possesses comfortable lodging and hotel accommodation, commanding enchanting views of the River Wye, upon which rowing boats for recreation can be obtained during the season (June to October). The town is situated close to Builth Wells Station on the Cambrian Railway.

Buncombe.—America, U.S., North Carolina, in county of same name. Thermal sulphur springs, 95° F.

Bundoran.—Ireland, Donegal, near Enniskillen. Sulphurous waters at Kinlough.

Sea baths, sandy beach, with excellent bathing.

Burgbernheim.—Germany, Bavaria, 16 m. from Anspach. Sulphate of magnesia waters.

Doctor: Dr. Werr.

Burnham.—England, Somersetshire, on the Bristol Channel. Saline ferruginous waters; sea baths and fine sandy beach.

Bushey.—England, Hertfordshire, near Watford, one hour's ride from Euston Station, London; coach daily from "Hotel Victoria" at 11 a.m. A climatic station in summer and spring; pure and bracing air. Turkish baths and general hydropathy.

Season: All the year.

Special indications: Morbus Brightii, rheumatism, affections of the respiratory organs, constitutional diseases, anchylosis, muscular contractions and articular swellings, debility, nervons circulatory disorders and lumbago.

Hydropathic establishment: The Hall.

Busk.—Russia, Poland, near Cracow.

Three springs. Saline, sulphurous, acidulous waters, 45° F. Peat baths.

Special indications: Disorders of liver and spleen, mercurial intoxication, chronic rheumatism.

Doctor: Dr. Dynmick.

Bussang.—France, Vosges, near Remiremont; 2,200 feet above sea level.
Direct train from Paris to Bussang.

Ferruginous, magnesian, alkaline waters, for table and

bath use.

Special indications: Chlorosis, anæmia, dyspepsia, chronic diarrhæa, gastralgia, vesical catarrh, nephritis, gravel and gont.

Season: From June 1st to September 30th.

Doctor: Dr. Onimus.

Butterby .- England, 2 miles from Durham, on the river Wear.

Saline and sulphurous waters, 50° F.; there is also a bicar-

onate of lime spring.

Special indications: For the sulphurous waters, skin diseases, scrofula, rachitis; for the bicarbonate spring, kidney and bladder affections.

A picturesque site, with mild climate.

Buxton.—England, Derbyshire. From London (St. Pancras) in 4 hours; also by L. & N. W. Railway from Euston. Sheffield, 26 miles; Man-

chester, 23 miles.

Thermal springs; indifferent water at 82° F. In each gallon: lime, 14 grs., chiefly carbonate; magnesium, 7 grs.; sodium, 4 grs.; potash, ½ gr. Iron, manganese and barium in minute amounts, and traces of lithium, strontium and lead. It also contains about 61 cubic inches per gallon of nitrogen gas (Thresh.).

Season: May to September. Baths half price in winter. Climate: Bracing and invigorating. Rainfall, 46 inches.

During the summer months it is cool and pleasant.

Buxton has been for more than 1,000 years one of our chief inland watering places. It is the highest town in the kingdom, being 1,000 feet above the level of the sea, and is surrounded by hills varying in altitude from 500 to 1,000 feet, which protect it from strong winds. The porous nature of the ground (being limestone rock underneath) quickly absorbs the moisture after heavy rains, ensuring a dry atmosphere.

The surrounding scenery is charming and picturesque. Coaches run daily to Chatsworth, Haddon Hall, Dovedale, Castleton, Cat and Fiddle, &c. During the season it is usually crowded with visitors, who make it their annual resort, combining the pleasures of a holiday in a gay and fashionable Spa, with the advantages of pure and bracing air and the healing virtues of the waters.

The Buxton baths are the property of the Duke of Devonshire. They are well fitted, furnished, and warmed throughout, and are open all the year round. There are swimming baths for ladies and gentlemen, reclining, shower, needle and donche, either at the natural temperature (82° F.) or heated. The average number of baths taken during the past 20 years has exceeded 62,000 per annum. At the Devonshire Hospital over 8,000 poor are treated every year.

Special indications: Gout and rheumatism, rheumatoid,

arthritis, lumbago, anæmia and phthisis.

Amusements: Large public gardens, with pavilion, band (twice daily, summer and winter), covered promenade, reading room, concert hall, tennis, gravel and grass lawns. The renowned Fairfield links are within one mile. Ilunting, fishing and other outdoor amnsements.

Hotels: Palace, St. Ann's, Crescent, Old Hall, &c.

Hudros: Buxton, Haddon Grove, &c.

Buyères de Nava.—Spain, province of Oviedo, at the foot of the Peña Mayor, on the left bank of the Pla; 700 feet above sea level.

Sulphurous and carbonate of lime waters, 62° F.

Season: July-October.

Special indications: All kinds of skin diseases, scrofula, syphilis, mercurialism, vaginal and vesical catarrhs, bronchial

and laryngeal affections.

The establishment is one of the most sumptuous of Spain, and fitted with all modern appliances and luxury. The gardens are magnificent. Accommodation is abundant, luxurious, and moderate in price.

Doctor: Dr. Gavilanes.

Buzias.—Hungary, district of Temesvar. Station, Temesvar; altitude, 420 feet.

Five springs, all cold, containing chloride of sodium, iron, carbonic acid, &c.

Special indications: Scrofula and failing vitality.

Buzias is one of the best frequented stations in Hungary.

Doctors: Drs. Wittner, Pataky, and Hoidt.

Buzot.—Spain, province of Alicante, 2 hours from Alicante. Sulphate of magnesia springs, 100° F.

Special indications: Rheumatism, herpes, sciatica, paralysis and leucorrhæa.

There are natural sweating baths at Buzot.

Season: May 1-November 1.

The site is very picturesque, and the slopes of the hills are covered with lovely gardens and villas. The scenery is remarkably fine.

The establishment, which belongs to Count de Casas Rojas, is magnificent, and is fitted with every modern appliance, and must be ranked among the best in Spain. The accommodation is in keeping, and not withstanding the degree of luxury, prices are moderate. A residence very agreeable.

Doctor: Dr. Lopez.

Cabourg.—France, Department of Calvados.

Sea baths; good beach.

A fine casino, and well-frequented fashionable station.

Doctor: Dr. Chambow.

Hotels: Grand, &c.

Caccio Cotto.—Italy, Tuscany, district of Volterra, on the northern slopes of Monte Cerboli.

Sulphurous-alkaline waters, 80° to 90° F., rich in sulphur. A large and elegant bathing establishment, with hotel

adjoining.

Cadéac.—France, Department of Hautes-Pyrénées. Nearest station, Lannemezan; altitude, 2,360 feet.

Cold sulphurous waters.

Special indications: Rheumatism, anæmia.

Doctors: Drs. Bonziques and Mailles.

Cadenabbia.-Italy, Lake of Como, facing Bellagio.

A climatic health resort.

Very pure and healthy air.

Doctor: Dr. Spurway (summer only), H. B. T. Symons.

Hotel: Hôtel Belle Vuc.

Cadiz.-Spain, west of Gibraltar, in Andalusia.

Sea baths; indifferent beach.

The establishments are fairly well arranged.

British Consul: A. H. Vecqueray, Esq.

Vice-Consul: E. Andrewes, Esq.

Caille (La).—France, Haute Savoie, near Annecy. Sulphate of lime waters, 72° F.

Special indications: Struma, herpes and rheumatism.

Cairo.—Egypt. Routes: Overland to Marseilles, thence by P. & O. fortnightly to Port Said, or by Messageries Maritimes weekly to Alexandria; or by P. & O. mail express to Port Said weekly, in five days, or 12 days by sea all the way. Express train service three times daily from Alexandria to Cairo in 3½ hours. Train from Port Said to Ismailia and thence to Cairo twice daily.

Season: November to May.

Climate: Extremely dry. Rainfall, 1½ inches. Rainy days, about 16. In the six winter months the maximum temperature

is from 62° to 86° F., the minimum from 47° to 63° F. It is dusty in March and April, sometimes for three days together, from the hot south-east wind blowing from the desert.

Special indication: Chronic diseases of the chest and air passages, threatened or incipient consumption, anaemia, mental overstrain, chronic rheumatic and gouty affections, rhenmatoid arthritis, Bright's disease, strumous diseases, convalescence from acute diseases.

Cairo is such an excellent centre for most interesting excursions that visitors need never be dull. In itself it is a most interesting town, and much time may be spent in exploring the mosques, tombs, museums, Coptic churches, bazaars, &c.

Amusements: Military bands every afternoon. Polo, golf, lawn tennis, croquet, racquets, cricket, &c.; race meetings, military touruaments, horse shows, agricultural and flower shows, ghymkhanas, native entertainments, opera, balls, &c. Quail, duck and snipe shooting.

British Consul-General: Viscount Cromer, G.C.B.

British Consul: Ralph Borg, Esq., C.M.G.

Booksellers: C. Livadas, F. Marschner, G. G. Zacharia.

Dectors: Drs. Madden, F. Milton, H. Milton, Murison, Sandwith, Toller, &c.

Nurses: Of the M. H. Nursing Fund and others.

Nursing Home: Miss James.

Hotels: d'Angleterre, Continental, Eden Palace, Ghezireh, Grand, Mena, Savoy, Shephcard's, &c.

Pensions: Many English boarding-houses.

All the above hotels are now quite sanitary, and are supplied with Berkefeld or Pasteur filters.

Bankers and Exchange Office: T.Cook & Son, Shepheard's Hotel. Forwarding Agents: H. Johnson & Sons, Sharia Kamel.

Calais.—France, Department of Pas de Calais, opposite Dover. Sea baths.

Calais is a neat little town, built in the shape of an oblong parallelogram. It has wide streets, with houses built mostly of brick.

Post and Telegraph Office: Rue des Thermes.

British Consul: C. A. Payton, Esq. Vice-Consul: E. H. Blomefield, Esq.

Doctors: Drs. Baude, Berquet, Warringhem.

Hotels: The Grand, Buffet, du Sauvage, Meurice de Flandre.

Caldas.-Spain, province of Orense, near Caicedo.

Cold and hot sulphurous waters, used both for bathing and internally.

Special Indications: Chronic rheumatism, lymphatism, skin diseases, chronic catarrhs, and abdominal obstructions.

Caldas (Las) de Besaya.-Spain, province of Santander, near Torrelavega.

Saline springs, containing chlorides, 90° to 95° F.

Special indications: Rheumatism, scrofula, gastralgia, blenorrhœa, leucorrhœa, ophthalmia.

The establishment is modern and very complete. Accommodation abundant and rather dear in price. There is also a kitchen in which visitors can prepare their own meals.

There is a Casino, with a theatre, ball room, concert, billiard, café, and gaming rooms, surrounded by a large park and

pleasure gardens.

Doctor: Dr. Villafranca.

Caldas (Las) de Montbuy.—Spain, province of Barcelona, near Granollers. Station Mollet. Saline waters, from 145° to 160° F.

Two Seasons: May 1st to July 15th; September 1st to October 15th.

Special indications: Paralysis, rheumatism, gout, syphilis and leucorrhoea.

There are eight different establishments, some of which are very elegant and comfortable. Accommodation very abundant, and reasonable in price. The site is charming, and the place is much frequented by the inhabitants of Barcelona.

Doctor: Dr. Lleget v Cailá.

Caldas (Las) de Oviedo.—Spain, province of Oviedo. By O. and S. of F. from Paris *via* Bordeaux, Irun, Vittoria, Burgos, Venta de Baños, Palencia and Pola de Leŭa (37½ hours), carriage (5 hours).

Saline-alkaline waters, containing nitrogen, 105° F.: natural

vapour baths.

Season: June 1st to October 1st.

Special indications: Pulmonary eatarrh, consumption, rheumatism.

The establishment is elegant and modern. The environs are charming, and the climate is delicious. The accommodation is limited, but good, and prices are moderate. The site is very picturesque.

Doctor : Dr. Bonilla.

Caldas (Las) de Rainha.—Portugal, province of Estremadura. Saline waters, 80° F. Also sulphurous waters. One of the most largely frequented of Portuguese watering-places.

Caldas (Las) de Reves.—Spain, province of Pontevedra.

Sulphurous saline waters, 80° F.

Special indications: Rheumatism, paralysis, and herpes. Doctor: Dr. Mosquera.

Caldas (Las) de Tuy.—Spain, province of Pontevedra, Galicia, on the Minho.

Sulphurons-saline waters, 112° F.

Special indications: Rhenmatism, paralysis, gont.

The establishment is backward, but the site charming.

Doctor : Dr. Acosta.

Caldiero.-Italy, between Vicenza and Verona.

Alkali-saline waters, 75° to 80° F.

Special indications: Constipation, obesity, liver and spleen disorders.

A very picturesque site, with many excursions. The springs are surrounded by walls, and form a small lake. No accommodation, and but few visitors.

Camarès .- France, Department of Aveyron, near Sylvanès.

Alkali-saline-ferruginous waters. Exported.

There is a good establishment and comfortable accommodation.

Cambo.—France, department of Basses Pyrénées. Station 40 minutes from Bayonne; 2,000 inhabitants; 200 feet above sea-level.

One sulphurous alkaline spring, with a temperature of 80° F., is rich in carbonic acid, sulphate of lime, magnesia, soda, arsenic and lithium. Ferruginous waters, at 60° F., effervescent, containing arsenic and phosphates, are more acid. Climatic and winter station.

Season: April to June, and September and October; but

open all the year.

Special indications: Chronic affections of the respiratory organs, bronchitis, emphysema, latent phthisis, catarrh of stomach and urinary organs, lithiasis and liver affections, herpes, scrofula, chlorosis, anæmia, cachexia, and during convalescence.

The situation of Cambo is charming, and the excursions and promenades numerous. The establishment is complete, containing a large swimming bath, douches, spray and inhalation

rooms. It is open all the year round.

Post and Telegraph.

Chemist: Mr. Julion Pinsun.

Doctors: Drs. Juanchuto and Dotézac.

Hotels: Grand Hôtel d'Angleterre, open all the year round and recommended for its comfort.

The Hôtel de Paris and de Londres.

Camoins-France, Bonches du Rhone, near Marseilles.

Sulphate of lime springs, 35° to 45° F.

Campagne.—France, Department of Aude, near Limoux. Altitude

820 feet.
Two ferruginous springs, from 70° to 80° F.

Special indications: Dyspepsia, intermittent fever.

Campbeltown.-Scotland, Argyllshire.

Sea baths.

Much frequented on account of its mild climate and well-arranged establishments.

Campfer.—Switzerland, Engadine, half-hour's drive from St. Moritz village, and quarter of an hour from St. Moritz baths. 5,792 feet above see level.

Climatic station in summer, noted for its tonic and stimu-

lating air.

Special indications: Anæmia, chlorosis, nervous complaints,

failing powers of nutrition, phthisis.

Campfer is the first village reached by the diligences en route for Maloja from St. Moritz. It is warmer than the latter, and is situated in the midst of lovely mountain scenery; it is a place much frequented by English tourists. It is a pleasant walk from St. Moritz, and on a summer evening a much frequented one. The early morning walk to St. Moritz from Campfer, to hear the band and drink the water, is said by many physicians to greatly assist in toning up the system. The village (vehicular traffic excepted) is nnnsually quiet.

Doctor : Dr. S. Harris.

Hotels: Julier Hof, d'Angleterre, &c.

Canary, or Grand Canary.—An island belonging to Spain, situated to the west of the African mainland, 120 miles from Cape Juby. From London by Castle Line in 5 days, £23 12s. 6d. return; from Southampton by North German Lloyd (once a month), £21 return; from Liverpool by British and African Line in about 8 days, £15 return.

Las Palmas, the capital of Grand Canary, is also the winter health resort. It is situated at the north-east corner of the island, in somewhat arid and unpicturesque surroundings, but there is a gradual rise from the coast towards the centre. Behind the town the elevation becomes rather abrupt to about 300 ft.; seven miles inland at Monte (used as a summer resort) an altitude of 1.000 to 1.500 ft. is reached; the climate is such that almost all fruits may be cultivated to perfection, the grape-vine and banana being grown very extensively. Thirteen miles inland at San Mateo (3,000 ft.) the carriage road ends. The central mountains attain a height of 6,000 ft., and snow is occasionally seen upon them in winter. At and near Las Palmas palm trees (from which it takes its name) are numerous and grow well, and by irrigation the banana, orange, almond and pepper are easily cultivated, but owing to the slight rainfall and the dry and sandy nature of the soil natural vegetation is scanty and tropical in character. Many English residents live at Las Palmas in winter and have villas at Monte for the summer months.

Season: November to April.

Climate: Owing to the various altitudes that can be utilised for residence, a considerable range of climate is possible. At Las Palmas the average rainfall is 10 inches; relative humidity 70 per cent.; rainy days 57°; mean winter temperature 65°

with a range of 10° only; the nights are therefore warm, and there is no chill at sundown.

British Vice-Consul: P. Swanston, Esq.

Doctors: Drs. J. F. Baxter, C. R. Scarth, J. C. Taylor.

Hotels: Santa Catalina, Metropole, Quiney's.

Canaveilles, or Grans d'Olette.—France, Department of Pyrénées Orientales, near Prades; 2,300 feet above sea level, Sulphate of soda waters, 75° to 150° F.

Candas.-Spain, province of Oviedo, 6 miles from Beriña.

Sea baths, with beach of finest sands and strong surf.

The climate is humid and fresh in summer. The surrounding scenery is fine, but residence rather quiet.

Candé.-France, Department of Vienne, near Loudun.

Waters contain sulphate of iron and silica (0.2988 silicious acid). Their action is laxative, resolvent, tonic and diuretic.

Cannes.—France, Department of the Maritime Alpes, on the Bay of La Napoule, about 20,000 inhabitants. From London in 26½ hours by Paris, Lyons, Marseilles and Toulon (1) £7 11s. 11d. (2) £5 3s. 9d.

A Winter station. The season lasting from October till May.

Number of Visitors: Above 16,000 annually.

Special indications: Nervous debility, anæmia, chlorosis, phthisis, laryngitis, pharyngitis, rheumatism, paralysis, gout, and diabetes.

The mean winter temperature is 50° F., but from 10 a.m. to 3.30 p.m., on even the coldest day, the thermometer rarely falls below 55° F. Humidity of air is 65%; mean rainfall, 88; mean barometric pressure, 760 mm. Rainy days during season (seven months), 44; sunny days, 108. Snow is exceptionally rare, and remains only a few hours even in the coldest winters.

The climate of Cannes, while being generally good for the cases specially indicated above, but more particularly for the early and middle stages of phthisis, presents some varying features which should be here mentioned. In close proximity to the sea, it is essentially tonic and stimulant, obtaining marvellous results in anæmia, &c., especially when unaccompanied by any acute symptoms. Beautiful sandy shore, sea baths all the year through, winter included. In the neighbourhood of Le Cannet it is sedative, and suitable for nervous disorders, spasmodic asthma, and other diseases of an irritable nature; while on the higher grounds of the California and the Croix des Gardes beautiful pine forests give out those healing and balsamic principles so well known for their beneficial effects on consumptive patients.

The artistic pottery manufactory of Clement Massier is at

Golfe-Juan.

English Churches: Christ Church, at the West-end; Holy Trinity, at the East-end; St. Paul's, on the Boulevard du Cannet; and St. George's, on the Chemin de la Californie.

Post and Telegraph Office: Rue Notre Dame.

British Vice-Consul: John Taylor, Esq.

U. S. Consul: Ag. Riddett, Esq.

Estate Agents and Wine Merchants: John Taylor & Son, 43, Rue Fréjus. Established 1864.

Forwarding Agents: H. Johnson & Sons, 3, Square Merimee.

Bankers: John Taylor & Son, 43, Rue Fréjus.

Doctors: Drs. Bright, Carr, De Valcourt, Battersby, McDougall, Sanders, Mary Marshall (lady doctor), (All English.) Bourcart, Dieterlen (French).

Hotels: The Beau Site, Esterel, Hotel Metropole, Hotel des Princes, Grand Hotel, Hotel Paradis, Bristol, Richemont, and

many others.

Cannstadt.—Germany, Würtemburg, near Stuttgart; 750 feet above the level of the sea. By Paris and Carlsruhe in 263 hours, or by Ostendam Cologne in 233 hours.

Forty different springs of saline and chalybeate waters, 50° F.

These waters are stimulating, laxative, tonic, and diuretic.

Dr. Fischer's sanatorium for nervous complaints.

The climate of the valley of Cannstadt is mild and equable. Accommodation good.

Season: 1st May to 15th October.

Special indications: Anæmia and general weakness of the digestive organs.

Doctors: Drs. Blezinger, Pantlen, Veiel and Romer.

Hotel: Grand Hôtel Herman.

Cap d'Antibes.—France, Department of Alpes Maritimes; 30 minutes from Cannes and 1½ hours from Nice; ½ hour's drive from Antibes Station, Winter station and sea baths.

Season: November-June, especially autumn.

Doctors: As at Cannes.

Capri.-Italy; island in the Bay of Naples.

Winter station.

Air very pure and healthy. Rocky soil.

 $Special\ indications:\ Bronchitis, phthis is, chronic pneumonia.$

Hotels: Quisisana, de France.

Capvern.—France, Hautes Pyrénées; altitude 1,500 feet; population 1,000. From Paris by mid of France, Tarbes to Toulouse—725 miles from Paris. From the station to the establishment \(\frac{1}{2}\) hour by omnibus. Sulphate of lime waters, from 75° F. Two bathing establishments, Hount Caoute, Bouride.

Special indications: Gravel and gont.

The annual number of visitors is about 5,000.

Season: 15th May to 31st October.

Doctors: Coseneuve, Delfau.

Hotel: The Grand.

Carbagnal.—Spain, 3 hour from Valencia.

Sea baths, sandy beach.

The most fashionable of Spanish sea bathing-places. What Biarritz was under the Second Empire, Carbagnal is to-day in Spain. The baths form but a minor feature, fashionable people and elegant toilettes being the main attractions.

Carlsbad.—Austria, Bohemia; 15,000 inhabitants: 1,247 feet above the level of the sea. Routes: From London viá Dover, Ostend, Cologne, Frankfort, Nuremberg, Eger (Carlsbad Express); also viá Dover—Calaie, London—Queenboro' and Harwich—Hook and Holland, about 26 hours—Fares, 1st Cla-s, about £6 15s. 0d.; 2nd Class, £4 17s. 6d.

The hot springs contain sulphate and carbonate of soda, lime, potash, &c., in large quantities. Their temperature varies, from 95.3° F. to 162.5° F.; every description of hot and cold mineral baths; complete hydropathic treatment (Swedish Zander Gymnastics) at the Kaiserbad.

Season: 15th of April till 1st of November, but the baths are open all the year.

Number of bathers: More than 50,000; number of visitors, about 120,000 annually.

Special indications: Diseases of the stomach, as gastric catarrh, cardialga, ulcer of the stomach, dyspepsia, widening of the stomach, diseases of the intestines as chronic catarrh, chronic diarrhæa, habitual constipation, ulcer of the duodenum, hemorrhoids, diseases of the spleen, as chronic hyperæmia, tumour, diseases of the liver, as hyperæmia arising from abdominal plethora, fatty degeneration of the liver, sluggish liver, the curable forms of jaundice, hypertrophy, if not connected with lungs or heart, amyloid liver, gallstones; diseases of the kidney and urinary organs, as chronic catarrh, gravel, &c., diseases of the prostate gland, diseases of the womb, gout, general adiposity, abdominal plethora, diabetes, and biliousness.

Carlsbad, a charming town, rising in terraces on both banks of the small river Tepl, amongst the pine and fir-clad hills of the Erzgebirge, is situated in the north-western corner of Bohemia, about 8 hours' rail from Berlin, Leipsic, Frankfort, Munich and Vienna; about 4 hours' distance from Dresden, Nuremburg and Prague. Its reputation is world wide, and it counts among its visitors patients from almost every corner of the globe, especially Americans, English, French, Germans, Africans, Russians, Swedes, Turks, &c.

The natural springs of Carlsbad are 18 in number; the principal ones are: the Sprudel 162.5° F.; the Muchlbrunn 116 76° F.; the Schlossbrunn 111 56° F.; the Marktbrunn 104° F.; the Felsenguelle 139.5° F., but all are equally prescribed by the physicians. Though drinking the waters constitutes the principal method of cure, experience has taught that baths, diet, and general mode of living are necessary in most cases to perfect a cure, or, in cases in which a cure is out of the question, to give relief. To assist the treatment, mineral, mud, chalybeate, vapour, and douche baths are also prescribed; much out-door exercise, early risings and quiet living are considered of great importance. The various bathing establishments are complete in their hydropathic and therapeutic arrangements, and there is perhaps no other watering place in the world in which all arrangements for invalids are so perfect as in Carlsbad.

During the past twenty years, millions have been spent by the corporation to introduce all those sanitary improvements which, according to the most eminent members of the medical profession should be found in a place which is considered the principal health resort of the world. The sanitary arrangements are perfect; the waterworks are frequently and scrupulously examined, and the drinking water chemically and bacterialogically analysed. Carlsbad possesses a first-class drainage with a complete canal system; the city is lighted with electricity from the corporation's own works at Donitz; and besides this, the new gas works were erected a short time ago; the Carlsbad slaughter-house, where every joint of meat is most carefully examined before it may be

sold, contains all the latest improvements.

The new Franz Josef Hospital, opened on December 2nd, 1898, is one of the best hospitals in the empire. Those whose ill fortune it is to fall seriously ill while at Carlsbad will find that they are properly cared for. The Fremden Hospital, or Stranger's Hospital, is another place where visitors who require constant medical nursing at a hospital will find careful attendance; besides these, Carlsbad possesses a new "Evangelische Hospitz," a splendid building for the reception of adherents to the evangelic faith, and a hospital for Jews, in which poor followers of that religion find a home. exportation of Carlsbad Sprudelsalt has increased from 310 kilogrammes in 1835 to 66,000 kilogrammes in 1900, and the exportation of the "Natural Mineral Waters" from 88,500 bottles in 1844 to 2,000,000 bottles in 1900; but those who are obliged to go through the medical course at home should be careful to get the "Natural" Carlsbad Sprudelsalt or Waters, as the corporation has nothing to do with the numerous imitations made in England and other countries.

Carlsbad enjoys the favour of most of the reigning families of the world, and a morning at the "Sprudelhall" or "Muchlbrunnhall" reveals a picture which is scarcell seen in any other place of the world. Members of reigning families princes, statesmen, literary men, merchants from every part of the world and in all possible costumes, may be seen at the springs and sometimes eight or ten single file rows are formed to get a cup or goblet of water, but in consequence of the careful arrangements everybody gets his water within a few minutes.

At almost all the springs, covered walks or colonnades protect visitors from getting wet in rainy weather; military and private bands composed of celebrated musicians play during the drinking hours. There are about 100 kilomètres of very pretty walks and drives in the charming woods; the picturesque hills and surrounding mountains have a soothing effect on invalids.

Carlsbad has a good theatre and a new theatre of varieties opened in February, 1901. In 1899 horse races were instituted for the first time; besides this lawn tennis, fishing, cycling

and other kinds of sport may be indulged in.

Visitors to Carlsbad do not make any arrangements with hotels or boarding houses for full board. It is customary to engage apartments only; and the rule is that the regulation of the diet is left to the medical advisers. Rooms are generally engaged for four weeks; tourists and those who wish to bind themselves for a shorter period only should state this beforehand.

Loebl Schottlaender at Carlsbad, the leaseholder for the exportation of the "Natural Carlsbad Mineral Waters and Sprudelsalt," has established sole agencies for the United Kingdom with Messrs. Ingram & Royle, 26, Upper Thames Street, London, E.C.; and at Liverpool and Bristol, and for the United States of America with the Eisner & Mendelson Co., New York and Philadelphia.

English Church: St. Luke's.

Telegraph and Post Office: Open day and night. General Office at the Market Place, branch offices at the Egerstrasse, Kaiser Franz Josef Strasse and at the railway station.

Two Custom Houses: Registered luggage may be registered through to England when leaving, and German custom-house officers pass luggage so that no further examination takes place in Germany. Cigars pay about 3d. duty apiece. Only

eight or nine may be brought into Austria free of duty.

Cycles are subject to a duty of 30 florins; but the money is returned at the frontier station when leaving, and leaden label

and custom papers are used.

Bankers: Boehmische Escomptebank, the largest Bank in Bohemia, (see advt. at end); Creditanstalt.

Money Changers: Alfred Schwalb and I. H. Singer & Co. Chemists: Richard Lippman, Franz Worliczek and August

von Rueling, successor.

Druggists: Adler. Etzel, Jelinek, Niesner, Stephanides.

Bocksellers: Paul Pohlenz; Hermann Jakob; Hans Feller. Doctors: Stark, Schnee, Neubauer, Jaques Mayer, J. Kraus, Grünberger, Löwenstein, Hassewicz, Pleschuer, London, Herztka, Mlady, Rosenzweig, Friedenthal, Hofmeister, Freund, Gans, S. Hirsch, Löwy, Seligmann, Kretowicz, A. Herrman, Kleen, Bayer, Becher, Ruff, Schuman-Leclercq, Strunz, de Hochberger Pollatschek, Pollitzer, Ritter, Preiss, Padowetz, O. Kraus, E. Hirsch, Erényi, Ahnelt, Hoffmann, Tugendhat, Reichl, Klemperer, Tyrnauer, Nagl, Engel, Frank, C. Hermann, Wallisch, Mera, Munk, Östreicher, Neustadtl, Fink, Kugler, Bernharth, R. Hofmeister, Müller, Steidl, Fischer, Zatloukal, Toepfer, Taussig, J. Hirsch, Samisch, Lorand, von Rueling, Gintl, F. Krans jne., Lebovici, Stark, Rosenfeld, Pfeifer, Stern, Lang, Rifczes, Kaufmann, Janatka, Ig. Boehm, Buxbaum, Schapira, Berger, Komaromy, Gatter, Reimann, Schild, Abeles, Goldscheider, Breitenstein, Kolisch, S. Arany, Wittlin, Charmatz, Smita, Maitinsky, Forster, Aldor, Sachs, Harder, Süsskind, Rabl, Salz, Maleszewski, Scharf, Kaûfmann, Vaida Voevod Alexander de, Landsmann, Pörner, Kelen, Szemere, Schmiedinger, Aug. Boehm, Gerstl Wiedemann, Weiss, Mosauer, F. Mueller, Kropf, Guth, P. Mayer, Kohn, G. Aranyi, Simon, Saxl, Wasserthal, Rozsa, Haszler, Rudolf Kohn, Hainsfurth, Hugo Loewy, Rosenthal, Pick, Moraczevski, Kuckein, Rezek, Zentner, Ullmann, Ernst. Taussig, many of whom speak English.

Hotels: Anger, Bristol, Continental, Glattaner, Hannover, Hopfenstock, Kaiserbad, Koenigsvilla, Kroh, Loib, Nuernberger Hof, Paradies, Post, Grand Hotel Pupp, Residenz, Rheinischer Hof, Russie, Schild, Savoy, Trautwein, Wurtemberger Hof, Schüetzenhaüs, and numerous smaller hotels, besides more than 1,000 villas, private houses, sanitariums, where visitors find

apartments and rooms.

Freight Agents: Bartels, Focke & Pichler, Kareis, Schoettner & Seidl, Takob Ulrich, Bendl, Mayer, International Sleeping Car Co.

Tourists' Offices and Railway Tickets: Cook's office, Gaze's office, International Sleeping Car Co., Rudolf Mayer.

Railways: Buschtehrad Railway Station.

Roy. Imp. State Railway: Central Station in Carlsbad.

English Interpreter: Ludwig Kohn, House Orion, Kaiser Franz Josef Strasse, Authorized English Interpreter on Oath. U. S. Commercial Agency House: Goldener Schluessel, Muchlbadstrasse, John S. Twells, U. S. Commercial Agent.

Dipl. Professors of Foreign Languages—English-German: Mssrs. Klemm, Kohn, Beuer; Misses Dub, Zentner, Steiner, Schaeffler. French-German: Mssrs. Pleyer, Loula; Misses Dub, Zentner, Steiner, Borel, Grassa, Schaeffler.

Pamphlets, prospectuses, and books about Carlsbad may be had free of charge by writing to the "Stadtrath, Karlsbad."

Carlsbrunn.—Austria, Silesia, near Freudenthal and Troppau; 2,380 feet above sea-level.

above sea-level.

Highly effervescing ferruginous manganese waters, 45° F.; climatic station. Hydropathic.

Season: June, September.

Special indications: Debility of the generative organs in both sexes, sterility, impotence, affections of the brain due to overwork.

Doctor: Dr. Kubin.

Carteret.—France, Department of La Manche, from Paris viá Valognes. Sea-baths; sandy beach. Short sea passage, one hour, to Gorey, Jersey. Steamers daily in Summer.

Hotels: De la Mer, d'Angleterre.

Casale.—Italy, Tuscany, valley of Cecina, near Bibbona.

Acidulous bitter waters. Exported.

Special indications: Affections of the nrinary system, congestions of the head, giddiness, noises in the ears, deafness, affections of the eyes and chest, palpitation, dyspnæa, liver and spleen complaints, hypochondriasis and hæmorrhoids.

Castellamare di Stabia.—Italy, province of Naples, on the southern coast of the Bay of Naples, looking northwards. 45 minutes by rail from Naples; 28,000 inhabitants.

Autumn and winter station. Sea baths. Chloride of sodium,

bitter and sulphurous chalybeate waters.

Special indications: Obstructions of the liver and spleen, affections of the mesenteric glands, jaundice, dropsy, hæmorrhoids, herpes, urinary calculi, vesical catarrh.

Post and Telegraph Office: Town Hall.

English Church in Winter: Rev. D. Clark.

British Vice-Consul: I. Drinkwater, Esq.

Doctors: Drs. Olivieri, Gentile, Somma, Scherillo and Fusco. Hotels: Quisisana, Margherita, Stabia.

Pensions: Wiess, Belvedere.

Castel San Pietro dell' Emilia.—Italy, province of Bologna, one hour from Bologna; carriages and omnibuses at the station.

Three springs of ferruginous, sulphurous and saline waters, 75° to 85° F. Natural steam baths.

Season: July-August.

Special indications: Chlorosis, anæmia, rheumatism, stomachic and intestinal disorders.

The establishment is deficient in comfort, but efforts have lately been made to put it on a better footing. There are some well-appointed hotels in the town. The country around is romantic, and abounds in well-kept walks.

Post and telegraph office, theatrical performances and concerts.

concerts.

Doctors: Drs. Nella and Gatti.

Castera-Verduzan.—France, Department of Gers, near Auch; altitude, 400 feet above sea level.

Sulphate of lime springs, 70° F.; one is a cold chalybeate spring.

Doctor: Dr. Dupeyron.

Castro-Caro.—Italy, province of Florence. Rail to Forli, thence one hour's drive. Omnibus, 2 fcs. each person. Carriages, one horse, 5 fcs. two horses, 7 fcs.

Saline-iodo-bromide waters, very rich in iodine. In this respect, indeed, they are first among European iodurated waters. Douches, sitz, shower and steam baths, and inhalations.

Season: June—September; but open all the year round. Special indications: Goitre, scrofula, rachitis, obesity,

diseases of the female organs.

Two establishments, with all modern appliances, afford comfortable accommodation at a pension of 7 fcs. per diem.

The village has 2,000 inhabitants, and is charmingly situated. Mild and healthy climate. The variety of amusement which forms the great attraction of many other bathing-places is not to be found here, but instead of it quietude and repose, which are so valuable in restoring health when impaired by city life. The number of visitors is very considerable.

Catania.-Italy, Sicily, on the east coast.

A winter station of first importance.

Ferruginous waters at Paterna.

Season: Middle of November till end of March.

Mean temperature in winter, 55° to 60° F.; mean dampness, 72.5 m.; amount of rainfall, 42.5; rainy days during season, 42; cloudless days, 103; air dry. The thermometer never falls below freezing-point.

The drainage of the town is emptied into the sea. The smells are intolerable, and the sanutary condition of the place very defective. Visitors generally reside at the back of the town.

Doctor : Dr. Joris.

British Vice-Consul: A. W. Elford, Esq.

Cauquedes.—Chili, near Santiago, by rail vid Rancágua, $2\frac{1}{2}$ hours by diligence.

Sulphurous and chalybeate waters, cold, tepid and hot; also climatic mountain air cure station.

The spot is very picturesque and rocky, being surrounded by the majestic ranges of the Andes, which are here most imposing. The establishment consists of two square buildings, are well constructed, and surrounded by a large garden with shady walks. They are well managed and largely frequented.

Cauterets.—France, Department of Hautes Pyrénées; 3,000 inhabitants; 3,050 feet above sea level. By Paris, Bordeaux, Tarbes and Lourdes to Pierrefitte in about 30 hours. Electric railway from Pierrefitte to Cauterets.

Sulphurous saline waters, 90° to 135° F. Climatic mountain station; milk and whey cure; the waters are rich in silicates, and have a sulphurous smell. They comprise about 24

springs in all.

Season: 15th May to 15th October.

Number of Visitors: Above 30,000 annually.

Special indications: Affections of the mucous membranes, catarrh of the respiratory organs, phthisis in first and second stage, plethora abdominalis, laryngitis and glandular disorders, affections of the digestive organs, skin diseases, hepatic and splenic, as also uterine derangements, rheumatism, mercurial intoxication, struma.

The balneal appliances of the three principal establishments, "Thermes des Œufs," "Ce'sar," and "La Raillère," are of the most modern and complete kind on the Continent. The chemical constituents of the waters being, moreover, very complex, the list of ailments treated in Cauterets is a

long one.

The small town itself is composed of about 300 houses, many of which are of imposing appearance, most picturesquely situated in a valley surrounded by lofty mountains. The climate is changeable and somewhat humid, but the temperature is steady, and the nights are delightfully cool and bracing. The sojourn is more agreeable here than at Luchon, where the heat in the day is almost unbearable. The waters and balneal appliances of Cauterets are also more efficacious and more complete.

There are two Casinos, with theatre, reading, ladies', concert, smoking and billiard rooms, the one in the "Etablissement des

Œufs" being the most popular.

There is a very large field for excursions of interest. The promenades are well kept and abundant. There is good shooting and fishing; and tennis grounds are provided.

English church service.

Bookseller: A. Cazaux.

Chemists: Gairauot, Place St. Martin, Lacrampe, Avenue Mainelon Vert.

Doctors: Drs. A. E. Meillon (speaks English), Duhourcan, Bordenave, Flurin, Michel, Depierris, Lamarque, Mallebay, Pedebidou, Sénac-Lagrange and Rozier.

Hotels: Hôtel d'Angleterre Continental, de France, de Paris,

du Parc, Richelieu, &c.

Cauvalat-le-Vigan.—France, Department of Gard; 1,000 feet above sea level; 5 hours from Nimes or Montpellier.

Sulphate of lime springs.

Doctor: Dr. Champtier.

Caux.—Switzerland, Canton Vand, near Montreux. 3,800 feet above sea level and 1,500 feet above Glion. Winter Alpine air station.

Cave.—Italy, Tuscany, district of Vico Pisano, near Oliveto. Earthy saline waters 86° F., highly effervescent.

Special indications: Disorders of the urinary organs, gravel, calculus, chronic rheumatism, gout, skin diseases.

Caxamarca.-South America, Peru, near Trujillor.

Thermal waters, not yet analysed.

It was at these baths that the Inca Atahualpa had fixed his residence when Pizarro first appeared in Peru.

Cedres (Sources des).—France, Algiers, Department of Oran. Sulphate of iron waters.

Cefalu.-Italy, Sicily, 12 miles from Sclafani.

Acidulous bitter waters, 135° F.

Very efficacions, though but little used.

Celerina and Cresta.—Switzerland. Two villages between St. Moritz and Samaden. Two and a half miles from Pontresina, 56 ft. above sea level. Pop. 400.

Climatic air station, frequented by those who do not care for the life at St. Moritz, and wish to live more cheaply. Splendid ascents may be made with competent guides to the neighbouring mountains.

Hotels: Murral and Misani.

Celles.—France, Department of Ardèche, near Privas; altitude, 875 feet above sea level.

Four bicarbonate springs, from 75° F. One sulphate of iron spring. Carbonic acid gas is here employed in douches and inhalations.

Cernobbeo, on Lake Como.

Cervera del Rio Alhamo.—Spain, province of Logroño, near Castejon.

Sulphurous earthy waters.

Special indications: Skin diseases, scrofula, syphilis, affections of the mucous membranes of the respiratory organs, vesical catarrhs, blenorrhea.

The establishment is modern and the accommodation comfortable and moderate in price. The situation is fine.

Doctor: Dr. Escudero.

Challes.—France, Savoy, near Chambéry, ‡ hour from Aix-les-Bains; 880 feet above sea level. From Paris viā Culoz to Chambéry (13½ hours), thence by carriage (‡ hour).

Cold sulphurous iodurated waters.

These waters are frequently prescribed by medical men at Aix-les-Bains, as adjuvants to those of Aix. They have proved specially useful in scrofula and syphilis, as also in locomotor ataxy.

Season: 15th May to 15th October.

Doctors: Drs. Raugé, Petiau.

Hotels: Bath Establishment, Château de Challes, Hôtel du Centre, &c.

Chambon.—France, Department of Puy de Dôme, near Ambert. Cold mixed bicarbonate waters.

Chamounix, or Chamonix.—France, Upper Savoy, at the foot of Mont-Blanc, 3,450 feet above sea level; 4,500 inhabitants. From London in 27 hours by Boulogne, Paris, Macon, Bellegarde, Aunemasse to Le Fayet de St. Gervais; thence by diligence.

Climatic mountain air station and holiday resort; some earthy

waters and the whey cure.

Season: June 1 to September 15.

Number of visitors about 20,000 annually.

Chamounix, since the fire of 1855, is quite a new place, with Museum, and bathing establishment, a handsome church. The scenery is among the grandest in Switzerland. The town is the starting point for almost all ascents of Mont Blanc. Excursions to the Montanvert, Jardin and Mer de Glace, the Flégère, Brevent, and Glacier des Bossons, Tête Noir, Col du Geant and Martigny.

English Church.

Post and Telegraph Office.

Photographs, Bookseller and curiosity shop: Jos. Paccard Magasin des Souvenirs, route de Genève.

Doctors: Drs. Becue (in summer) and Payot.

Hotels: Hôtel Royal and de Saussure, Couttet, de Londres, d'Angleterre.

Champel-les-Bains.—Switzerland, close to Geneva; altitude, 1,500 feet. Hydropathic establishment.

Special indications: Anæmia, chlorosis, rheumatism, dyspepsia, and maladies of the nervous system.

Season: Spring and autumn.

The establishment of Champel is beautifully situated on rising ground, within twenty minutes' walk of Geneva, well shaded by fine trees, through which charming views of the surrounding country are obtained. The river Arve, on which the baths are placed, adds greatly to the beauty of this

resort, and is moreover of very great benefit to bathers. (See advt. at end.)

Medical Directors: Dr. Paul Glatz and Dr. Roehrich.

Hotels: Beau Sejour and La Roseraie, close to the baths; both well fitted.

Champéry .- Switzerland, Valais; 3,500 feet high.

Alkaline-sulphurous waters, containing much carbonate of soda.

Doctor: Dr. Basqueiray.

Hotels : Dent du Midi, Croix Fédérale.

Champex.—Switzerland, Valais; altitude, 5,000 feet.

Climatic air station.

Chanelas.—Switzerland, Neuchatel. Hydropathic establishment.

Charlottenbrunn.—Germany, Silesia, district of Breslau; 1,300 feet above sea level.

Cold bicarbonate of iron waters.

Doctors: Drs. Schaetzell, Wiedemann and Winkler.

Hotel: Kurhaus.

Charlottenburg.—Germany, Prussia, province of Brandenburg, half-an-hour from Berlin.

Earthy, saline and ferruginous waters. Hydropathic establishment. Open all the year round.

Doctors: Drs. Edel, Höpner.

Chateau d'Oex, and Rossinieres.—Switzerland; two villages reached by train to Bulle, and thence by diligence for 3½ hours vid Thun; 2,700 inhabitants; 2,900 feet above the level of the sea.

Seasons: June and September.

Special indications: Phthisis, chlorosis, hypochondria.

These health resorts are rapidly growing in size, popularity and importance; the district as a mountain station is said to act in a specific manner in certain diseases, which are specially treated by the local practitioners. There is a summer and also a winter season. Intending visitors should send for the "Kur-list," published by the Kur-Direction at Chateau d'Oex, which gives much useful information.

Doctors: Drs. Fayrod and Coune.

Hotels: Berthod, Rosal, de l'Ours, &c.

Chateauneuf.—France, Department of Puy de Dôme, near Riom; 1,200 feet above sea level.

Cold, tepid and warm ferruginous waters; 14 springs, varying from 40° to 110° F. Their composition is similar to that of the springs of St. Alban.

Special indications: Dyspepsia, scrofula, rheumatism.

Doctors: Drs. Attaix, Bataille and Menaier.

Chateldon.—France, Department of Puy de Dôme, near Thiers and Vichy: 1.115 feet above sea level.

Cold bicarbonate of iron waters; five springs, containing

3, 4 and 5 grs. of mineral constituents.

Special indications: Dyspepsia.

Châtel-Guyon.—France, Puy de Dôme, in the Auvergne; 1,170 feet above sea level; 12 hours from Paris, nearest station Riom, thence by omnibus in 50 minutes.

Saline, ferruginous, and magnesian waters.

26 springs from 55 to 110° F.

Season: May 15th to October 15th.

Number of Visitors: 5,000 a season.

The water of Gubler Châtel-Guyon works actively on the digestive organs, on the various organs of the stomach, and on the circulation generally. On the digestive organs it has, in ordinary doses, a bracing effect with frequent diuretic result. It acts as a valuable stimulant which restores appetite and regulates the system. By stronger doses, purgative and laxative results can be obtained, and when these are maintained for the prescribed time they have good effects on affections always considered chronic.

It has a most beneficent action on the circulation. That is chiefly produced by the chloruret of magnesium it contains, which, by stringing up the relaxed fibres of the body, renders the circulation more active, removes obstructions, and generally clears the system. The iron contained in this

water makes it thoroughly tonic and strengthening.

Paludian fevers, anemia, and the grave disorders which result therefrom, and affect the stomach, liver and intestines,

find a cure in the use of the Gubler water.

The waters of Châtel-Gnyon form a valuable therapeutic agent, especially in cases of chronic indigestion, constipation, &c. In cases of congestion and internal tumours, they have been of great service.

The spring Gubier, containing the largest supply of chloride of magnesium, is the best for visitors. It is the only spring

from whence the water is exported.

The agents in England for the waters in bottles are Messrs. Ingram & Royle. 26, Upper Thames-street, London, and at Liverpool and Bristol.

A casino, with club, reading-room, and café, and an excellent

theatre afford amusements for the evening.

Post, telegraph, and telephone office in the park.

Doctors: Baraduc, Conchon, Groslier, Vibert, Bonnet (in summer).

Chemist: Amblard.

Hotels: Nouvel, Splendide, Grand, des Thermes and du Park.

Chaudefontaine,-Belgium, near Liège.

Thermal springs, assimilating to those of Spa, 80° to 90° F. A charmingly situated quiet little place, with a great variety of excursions. The country around is very picturesque.

Chaudes-Aigues.—France, Department of Cantal, near St. Flour; altitude 2,110 feet above sea level.

Alkaline waters, containing iron, sulphur and arsenic. Several

hyperthermal springs, from 135° to 195° F.

Special indications: Articular rheumatism, and generally

same as those of Bourbon Lancy.

Doctor: Dr. Brémont.

Chaumont.—France, Department of Marne and Loire.
Cold bicarbonate and other waters.

Chaumont.—Switzerland, Neuchatel; altitude 3,700 feet. Climatic air station.

Chazam.—Algiers, province of Oran, near Mostanagem. Saline waters.

Cheltenham.—England, Gloucestershire, Pop. 43,000. On the Midland West of England Line, midway between Birmingham and Bristol. From London by G.W.R. in 3\(\frac{1}{2}\) hours.

Winter station. Saline springs.

Season: All the year, except the months of July and August. Climate: Relaxing in summer, mild and dry in winter. Mean temperature, 49.2°F.; rainfall, 23.7; rainy days, 166.

Special indications: Chronic bronchial, laryngeal, and pulmonary affections. A suitable place of residence for people

returning from a tropical climate.

Cheltenham is situated in the Severn Valley, about 250 ft. above sea level. It is protected from the N. and E. winds by the Cotswold hills, which vary in height from 800 ft. to 110 ft. It is one of the prettiest and cleanest towns in England, not only because of its natural advantages, but on account of the care and thought each inhabitant spends in the endeavour to make it attractive. Vegetation is very Inxuriant on account of the mildness of its climate. There are exceptionally good educational facilities here for both boys and girls, and a large number of residents come to Cheltenham on that account. The surrounding country is very delightful, and is almost wholly given over to fruit culture and market gardening.

Cheltenham was formerly very fashionable as a spa. Its waters are mentioned as early as 1715, but in 1788 George III. visited the town and drank the waters, gaining great benefit therefrom. It at once sprang into great repute as a health resort, but it is not much frequented now for the water cure.

At the Montpelier Spa there are five springs, containing saline aperient, ioduretted, and sulphuretted chalybeate and

saline waters. There are also The Royal Old Wells, containing

chalybeate and saline aperient waters.

Amusements: There is a town band, good concert and entertainment halls, hunting, shooting, fishing, and excellent roads for cycling.

Hotels: Royal, Queen's, &c.

Cherbourg.—France, Department of La Manche. Pop. 38,500. Direct service from London (Waterloo) viā Southampton, at inclusive fares.

Sea baths; firm sandy beach.

A strongly fortified town and naval station. The Digue or Breakwater is very great, and erected at considerable cost. The town is interesting; and the Theatre, Trinity Church, Hotel de Ville, Picture Gallery, Hospital and Statue of Napoleon the First, worthy an inspection. The Forts are also interesting, but had better not be visited. Excursions to Tourlaville and Tocqueville Castle, and several others. Much visited on account of the excellent sea bathing.

Post and Telegraph Office: Rue du Chantier.

English Church Service.

British Consul: M. G. Loftus, Esq.

Doctor: Dr. Levionnois.

Hotels: The Grand Hotel and Casino, de Londres, d'Angleterre, &c.

Chianciano.—Italy, Tuscany, District of Montepulciano, in the valley of the Chiana Railway from Siena to Rome, ½-hour's carriage from Asciano; 1,850 feet above sea level; 3,500 inhabitants.

Sulphurous waters, 100° F.; ferruginous effervescent waters,

45° F.; alkaline, acidulous waters, 85° F.

Season: June to September.

Special indications: Disorders of liver, spleen, stomach and intestines.

Doctor : Dr. Luigi Gualdi.

Chiatamone.-Italy, Naples.

Ferruginous waters, 68° F.

Special indications: Anæmia, general debility, chronic affections of the nervous system, neuralgia, chlorosis.

The establishment is fitted with all modern requirements; one of its best features being the Hammam or Turkish baths.

Swimming bath.

A café is attached to the baths. Concerts every evening.

Chiavari.-Italy, Genoa, two hours from Genoa.

A climatic station. Especially frequented in the later summer months and in autumn.

Chulilla.—Spain, province of Valencia, near Villar del Arzobispo.

Sulphurous earthy waters, 95° F.

Special indications: Rheumatism, skin diseases, gout, paralysis.

F

The establishment is simple but thorough. Accommodation good. The country is mountainous.

Doctor: Dr. Merregner.

Churwalden.—Switzerland, Grisons, two hours from Chur, 3,800 feet above the sea level.

Climatic air station.

Doctors: Drs. Denz and Henni.

Ciechocinek.—Russia, Poland, near the Prussian frontier, one hour from Thorn.

Very strong saline waters and brine baths.

Season: May 20th-September.

Visited by upwards of 2,000 visitors.

Special indications: Scrofula, rheumatism, catarrh of the larynx and bronchiæ, neurosis and hysteria.

The bathing establishments are completely fitted with all modern appliances.

The casinos and assembly rooms are elegant and comfortable.

The accommodation is first-class.

Citára.-Italy, island of Ischia, near the Capo Imperatore.

Sulphurous alkaline waters.

Special indications: Sterility.

Known to and much visited by the ancient Romans, who erected a temple here to Venus Genitrix.

The earthquake of July, 1883, made great havoc here.

Civilliano.-Italy, Venetia, between Vicenza and Verona.

Cold ferruginous and sulphurous waters.

Special indications: Affections of the mucous membranes, scrofula and chronic diarrhœa.

One of the strongest sulphate of iron waters at present known.

Civita Vecchia.-Italy, the seaport of Rome.

Thermal sulphurous waters, natural sweating baths. The Finscella spring is the principal one.

British Vice-Cousul: Dr. P. R. Mackenzie.

Clacton-on-Sea.—England, Essex, near Walton-on-the-Naze.

Season: July-October.

Sea baths; shingly and sandy beach. Climate mild and bracing.

Clarens.-Switzerland, near Lausanne.

Climatic air station.

Hotels: Hôtel du Cygne, Roy, Continental.

Clausthal.—Germany, Thuringia, near Goslar, 1,700 feet above the sea level.

Climatic air station, resinous and steam baths, whey cure, inhalations.

Doctors: Drs. Nestmann and Wild.

Clavadel.—Switzerland; altitude nearly 5,000 feet. Situated in the Sertig Valley, one hour's walk from Davos-Platz.

Sulphurous waters.

Well situated among fine fir forests.

The establishment is open all the year round. There is also

a sulphurous spring.

Clavadel is frequented by those who, believing in the contagiousness of phthisis, wish to reside away from Davos, and yet reap the benefit of the mountain air of the locality.

Doctors: From Davos Platz.

Cleethorpes.-England, Lincolnshire, on the Humber.

Sea baths; sandy beach. Climate healthy.

Season: June-September.

Clermont-Ferrand.—France, Department of Puy de Dômc. Close to Royat.

Numerous ferruginous bicarbonate springs, from 35° to 55° F. Mineralisation from 4 to 5 grammes. The spring "Puits de Poix" is said to be bituminous.

Good cheap accommodation can be obtained here.

Doctors: Drs. Cazal, Busson, &c.

Clevedon.-England, Somersetshire, on the Severn.

Sea baths; pebbly and middy beach; bathing not very good. Season: June—September.

Hotel: Walton Park.

Hotel: Walton Park.

Cleves.—Germany, Rhenish Prussia, on the Rhine, near the Dutch frontier, a very old town.

Chalybeate waters, fine Kurhaus, and well-appointed bathing

establishment.

Special indications: Nervous complaints.

Doctors: Drs. Bergmann and Dünges.

Hotels: Bath Hotel, Styrum.

Clifton.—England, Gloucestershire, a beautiful and fashionable suburb of Bristol: 27,000 inhabitants.

Autumn and winter residence; alkaline waters 75° F.

Season: September till May, but frequented all the year.

Special indications: Diabetes, liver obstructions, splenic and urinary disorders, for the waters; consumption, pulmonary complaints, anæmia, chlorosis, debility, bronchial, laryngeal, and pharyngeal and kindred ailments.

These magnificent Downs have been secured to the city by Act of Parliament in 1861. They are the favourite resort for driving, riding,

cricketing, and all other amusements.

Hotels: The Clifton Down, St. Vincent's Rocks, Queen's.

Cluny Hill.—Scotland, Morayshire, near Forres. Hydropathic establishment.

Clynnog Vawr.-Wales, Carnarvonshire.

Sea baths; beach and bathing good.

Season: Summer.

Coblentz.-Germany, capital of the province of Rhenish-Prussia, at the confluence of the Moselle and the Rhine. From London, via Ostend,

Brussels and Cologne, 142 hours.

A fortified town of great reputation. Ehrenbreitstein (the Gibraltar of the Rhine) is one of the strongest fortresses in the world. Very charmingly situated, and a most convenient centre for excursions. A convenient resting-place for visitors going to health resorts in this part of Germany.

Casino and promenades on the banks of the Rhine.

Half-an-hour's walk along the banks of the Rhine is the celebrated establishment of Laubbach (see page 165).

EXCURSIONS: To Stolzenfels, Ehrenbreitstein, to Sayn, to Moselweiss, and np the Moselle, to Ems, via the Asterstein and Oelberg, to Neuwied.

Cabs: One-horse, for one or two persons, 50 pfg.; for two-horse, 75 pfg.; two-horse carriage, three or four persons, I mark 25 pfg; one-horse carriage, 1 mark.

Post and Telegraph Office: Brückenstrasse, near the Schlossplatz.

Doctors: Drs. Timmé, Mayer, Hermann, Timmann and Lichtschlag.

Hotels: Hotel du Geant (see advt. at end), Belle Vue and

Anchor.

Coburg.-Germany, Saxe-Coburg, capital of the Duchy.

Climatic air station, tonic, iron, steam and resinous baths, whev care.

Doctors: Drs. Berger, Feder, Floel.

Coire, or Chur.—Switzerland, canton of Grisons; 7,550 inhabitants; 1,936 feet above sca level. From London, viá Calais, Laon and Basle 23 hours.

Climatic station, but more as a transitory station from and

to the Engadine.

English Church service.

Doctors: Drs. Denz and Henni.

Hotel . The Hotel Steinbock.

Coise.-France, Savoy, near Chambéry.

Ammoniacal, bromo-iodurated waters.

Special indications: Goitre and kindred affections.

Doctor: Dr. Dubouloz.

Colberg.-Germany, Pomerania, near the Baltie.

Saline waters and sea baths.

The establishment is very well fitted up. Accommodation first-rate. The walks and drives are well kept and shady.

Doctors: Drs. Bodenstein, Starke and Behrend.

Hotels: Strandschloss, Society House.

Colico.-Italy, upper end of Lake Como.

A climatic air station for those returning from Italy. Very fine position and grand scenery. The accommodation, however, is greatly in need of improvement.

Hotels : Dom and Risi.

Colwyn Bay .- Wales, Carnarvonshire.

Sea baths; fine sandy beach. A winter resort also.

Season: May to October.

Climate: Equable; humidity of air and rainfall moderate; large amount of sunshine and few sunless days; fogs very rare.

Quarter.	2rd.	3rd.	4th.	Year.
41.4	52.6	58.3	45.8	49.1
9.5	11.2	11.5	9.8	10.5
295:9 (380.7	544.4	212.9	1,733.6
15.2	3.2	5.2	19.7	43.7
	41·4 9·5 295·9 (9·5 11·2 295·9 680·7	41·4 52·6 58·3 9·5 11·2 11·5 295·9 680·7 544·4	41.4 52.6 58.3 45.8 9.5 11.2 11.5 9.8 295.0 680.7 544.4 212.9

Rainfall, 36.66. Rainy days, 179.

(Average 1894-97 inclusive.)

Many tropical and semi-tropical plants grow out of doors all

the year round.

A clean and healthy seaside town, with population of 5,000. It is much quieter than some of its neighbours, being not so popular with the cheap tripper. Surrounded by a semicircle of hills, it is well sheltered from the prevailing winds, which are from the W. and S.W.; E. winds few. The ground slopes from the ridge of hills behind the town to the sea. The upper soil is chiefly a thick layer of sand and gravel with pockets of clay. Drainage therefore good, and the ground soon dries after rain. The neighbourhood is well wooded, a thick belt of trees extending behind the town for about two miles. Water soft and pure, about 3½ grains solids per gallon.

Special indications: Delicate children, convalescents, anæmia,

bronchitis, phthisis. Winter resort for chest cases.

Hotels: Pwllycrochan; Colwyn Bay; Imperial; Royal, a Old Colwyn; Oueen's; and Marine.

Coma de Navines.—Spain, province of Lerida, near San Lorenzo.
Alkali-saline waters.

Special indications: Stomachic complaints, obstructions and calculus, rheumatism and skin diseases.

Combe-Girard.—Switzerland, Canton of Neuchâtel, near La Chaux de Fonds.

Effervescent ferruginous waters. The spring affords a very scanty supply, so that the water is available only for drinking.

Comillas.—Spain, province of Santander, 20 miles from Torrelavega. Sea baths, very extensive, safe and fine sandy beach. Some very fine grottoes in the vicinity, and the country is excessively romantic. Some 2,000 visitors during the season.

Como.-Italy, on the southern bank of Lake Como, station on the St.

Gothard Railway. 11,000 inhabitants.

A health resort, situated in the midst of beautiful scenery. Como is most popular with those seeking change and rest; it is also a handy place of call for those going to or returning from Italy. In the town are found numerous silk factories, and the Cathedral is well worth a visit. Many excursions may be made, both for long and short distances, all abounding in lovely views. For those not going far the walks by the side of the lakes will suffice, while those wishing for longer excursions will be able to visit Lugano, Varese, Bellagio, Monte Generoso, and other places, all within driving distance.

Among the hotels may be mentioned the Hotel Italia,

Bellevue, and Volta.

Conishead Priory.—England, Lancashire, near Ulverston. Hydropathic establishment.

Constantinople.—Turkey, on the Bosphorus.

Doctors: Drs. Constantian, Hannington, Paterson and Sarell.

Bankers and Exchange Bureau: T. Cook & Son, 170, Grande
Rue de Pera.

Hotel: The Pera Palace.

Contrexéville.—France, Department of Vosges, from London direct, viá Nancy, by Orient Express in 18 hours; from Paris 6 honrs; 1,150 feet above sea level. Pop. 1,000.

Slightly alkaline waters, containing lime, lithium, and iron, 55° F. The export of the waters (Source du Pavillon) is con-

siderable, and increasing every year.

Thoroughly well-managed establishment.

Season: from May 20th to September 20th.

Number of Visitors: Above 3,500 during the season.

Special indications: Gravel, biliary and vesical calculus, catarrh, diabetes, gout and gouty rheumatism, arthritism, disorders of the urinary system, affections of the uterns, hepatic disease (not contra indicated in nephritic diseases).

English Church Service.

First-rate baths and douches.

Postal Telegraph Office in the establishment, with four deliveries a day.

Doctors: Drs. Aymé, Boichox, Boursier, Debout d'Estrées,

Graux, Mabboux, Contal, Catat, Colin and Etterlin.

Horels: The Grand Hotel de l'Etablissement, in the Park, thoroughly well managed by Mr. Petit; and many others in the village.

Casino, café, reading room, theatre, ball and concert room. A band plays twice a day in the Park. Croquet and lawn-tennis grounds, one of the best on the Continent, gymnasium, &c.

Splendid park recently enlarged.

For the water and particulars, apply to the Director of the Establishment at Contrexéville; or to the Society, 8, Rue de Hanovre, Paris; also Messrs. Ingram & Royle, Limited, 26, Upper Thames Street, London, and at Liverpool and Bristol.

Conway. - Wales, Carnaryonshire. *

Climatic health resort.

Hotel: The Castle.

Corbeyrier.—Switzerland, Valley of the Rhone; 3,500 feet high. Climatic air station.

Corfu. - Greece, one of the Ionian Islands, in the Ionian Sea; capital of 24,000 inhabitants; from Trieste 53 hours, and Brindsi 12 hours by steamer; ceded by England to Greece in 1864.

Winter station of first importance. Sea baths.

Season: November—May.

Special indications: Scrofula, chlorosis, anæmia, chronic neurosis, paralysis, nervous debility, and convalescence, phthisis and chronic rheumatism, affections of the respiratory organs, bronchial, larvngeal and pharvngeal catarrh.

The mean temperature of the seven season months is 57° F., mean barometric pressure 762 m.m., mean relative dampness 76½ per cent., rainy days 79 during the seven months, rain-

fall 1,068 m.m., death rate 32.5 per thousand.

The town is well sheltered, and the bay open to the full south and south-east winds, and consequently well protected against all northerly winds. The Bora is not felt here. North-west and north-east winds are tolerably frequent, though the latter are objectionable only as being cold. The atmosphere is never stagnant, owing to a sea breeze up to three o'cick, after which the land breeze sets in. Rapid atmospheric disturbances, such as are met with on the Riviera, occur but seldom, and there is almost complete immunity from dust and high winds.

The climate is warm but bracing. At the end of January and in February, hyacinths, roses and almond trees begin to blossom. By March, spring has set in, and in April cherries are ripening. The temperature rarely falls to freezing-point, and still more rarely below it. Fogs occasionally occur, and last some time.

The town itself offers many attractions. It is a link between the East and the West. Its streets are very lively. Close to the town on a small hill is a villa belonging to the King of Greece. The esplanade and the Strada Nuova are the centre of Corfu life. The environs are mostly covered with olive groves. The interior of the island offers a fine field for excursions and sports. Naples has been called the Eldorado of hypochondriacs, and Corfu may claim the same honour. The drinking water and the means of communication are excellent.

British Consul: C. A. Blakeney Esq. Vice-Consul: O. Alexander, Esq.

Post: Near the gate at the port.
Telegraph: Near the Royal Palace.

There is an English Church at the House of Parl. Banker and Exchange Office: The Ionian Bank.

Chemist: The English Pharmacy.

Doctors: Drs. Politi, Giallina, Scarpa (physician for nervous

diseases).

Hotels: The Hôtel St. George, comfortable and moderate in price (see advt. at end); Hôtel d'Angleterre and Belle Venise.

Corneille de la Rivière.—France, Department of Pyrénées Orientales near Perpignan.

Ferruginous bicarbonate waters, 40° F.

Cornigliano-Ligure.—Italy, three-quarters of an hour from Genoa.
A spring and autumn station.

The village is exposed to the north-east winds, and has a considerably lower temperature than Mentone or San Remo.

Corsica. - See AJACCIO.

Costebelle.—France, two miles from Hyères and about the same distance from the Mediterranean Coast. From London cid Paris, Lyons and Marselles to Hyères.

Winter Station.

A favourite winter residence for many English invalids who prefer the quiet and beauty of this place to the gay and lively attractions of Nice, Cannes, and Monte Carlo. It is well sheltered from the mistral.

Season: November to May.

Doctor: Dr. W. P. Biden (Hyères).

Hotels: Costebelle, Hermitage and Albion.

Courmayeur.—Italy, Piedmont, near Aosta; station, Turea; 4,098 feet above the sea level.

Ferruginous, sulphurous saline waters, from 35° to 85° F. Special indications: Herpes and scrofula.

Bath House and Hotel: Tavernier.

Cowes.-England, Isle of Wight.

Sea baths.

Season: May-August. Yachting season till November.

Hotels: Drover's, Gloster, Esplanade, Fountain.

Crailsheim.—Germany, Würtemberg, in Valley Virngrand; 1,150 feet above sea level.

Ferruginous and sulphurous waters.

Season: June-September.

The number of visitors has increased since the building of an establishment, with a Kurhaus and hotel.

Doctors: Drs. Drachter and Halm.

Cransac.—France, Department of Aveyron, near Rodez; 930 feet above sea level. For routes see table.

Cold sulphate of lime water. Tonic and restorative.

Good establishment, fairly well frequented.

Doctor: Dr. Lathieule.

Cranz.—Germany, Prussia, on the Baltic, and 21 miles from Königsberg. Sea baths, sandy beach.

A small, but very neat little fishing village, with good

accommodation, which is moderate in price.

Doctors: Drs. Giere and Wottrich.

Criccieth.-Wales, Carnaryonshire.

Sea baths, shingly and sandy beach.

Hotel: George.

Crieff .- Scotland, Perthshire.

Saline waters, hydropathic establishment.

Season: July to September.

Air pure and bracing; climate comparatively mild.

Cristo (Acqua di).—Italy, province of Trani, line from Foggia to Brindisi, stop at Trani,

Highly effervescent earthy waters.

The spring is close to the seashore on the east of the town.

Season: June-September.

Special indications: Gravel, cystitis, obstructions of liver and spleen.

Croisic (Le).—France, Department of Loire Inférieure, near St. Nazaire and Nantes.

Sea baths.

A well-appointed bathing establishment.

Cromer.-England, Norfolk.

Sea baths, sandy beach. Very bracing climate.

Season: June to October.

Very fine scenery; esplanade and jetty.

Excellent golf links. This place is rapidly becoming very popular as a holiday resort.

Crosshaven.-Ireland, county Cork.

Sea baths, sandy and shingly beach.

Season: June to September.

Crowborough.—Sussex; 800 feet above sea level. By L. B. & S. C. Railway, 40; miles south of London. Population, 2,784. There is a fine Observatory here.

Season: May to November, September and October being

particularly enjoyable.

Climate: Very healthy and invigorating; mean annual tem-

perature, 48.4° F.; rainfall, 31.53 inches.

Soil: A dome of iron sandstone (green sand); the strata dip away on all sides, so that higher beds are found lower down at the sides.

Special indications: Chest complaints, general debility,

anæmia and nervous prostration, with insomnia.

Crowborough as a health resort is fast coming into prominence; it stands on a high plateau on one of the highest

beacon hills in Sussex, but is not so cold as places at a lower altitude, being well above the morning and evening mists. Pine plantations abound here, giving a beautiful perfume to the air. There are many thousands of acres of moor and forest laud around. Numerons chalybeate springs in the district. The views from the beacon extend for 30 miles or so in all directions, southward and westward, being particularly pleasing. Good golf links.

Accommodation: Chiefly lodging-houses (numerous) and

boarding establishments.

Hotels: Golf Club House, Beacon Hotel,

Cucho.—Spain, province of Burgos, near Miranda de Ebro.

Acidulous sulphurous waters.

The establishment is modern and complete. Accommodation is good, and moderate in price.

Cudowa.—Germany, Silesia; station, Nachod, 4 miles distant, on the Breslau-Prague line; 1,200 feet above the sea level.

Ferruginous bicarbonate waters. Doctors: Drs. Jabob and Scholz.

Hotels: Kurhaus and New World.

Cullercoats.-England, Northumberlandshire, parish of Tynemouth.

Sea baths; sandy beach. Climate bracing and fresh. Season: June—September.

Cusset.—France, Departmentt of Allier; 750 feet above sea level; station, Vichy, thence by electric tram (10 minutes).

Season: May to September.

Special indications: Congestion of the liver, spleen, diseases

of the stomach, kidneys, gravel, gout, rheumatism, &c.

Thermal waters, 60° F. There are two springs at Cusset—the Sainte Marie, especially rich in iron, magnesia, carbonic acid gas, and lithia; and the Elizabeth, containing a large quantity of arsenic and magnesia.

Hydrotherapeutic establishment, with every convenience for baths and douches, and fine marble swimming bath. The bathing establishment is surrounded by very picturesque pleasure gardens, laid out with trees and fine walks, in which are situated the Sainte Marie and the Elizabeth Springs.

Cuxhaven.—Germany, Hanover, near Hamburg.

Sea baths.

Contain 30 per cent. less salt than the Heligoland, and 30 per cent. more than the Baltic sea baths.

Doctors: Drs. Bulle and Schmidt.

Hotels: Belvedere, Dollcs.

Daetlingen.-Switzerland, Bernese Oberland, four hours from Thune. Saline waters.

Very poor establishment, and but little visited.

Dagh-Hamman.—Turkey, Asia Minor, about two miles from Yalova, on the Sea of Marmora, opposite Constantinople, whence it can be reached in two hours.

Sulphurous saline waters, 190° F., containing much iodine; winter station.

Season: 1st October to 1st May; but open all the year round.

Special indications: Skin diseases of all kinds, rheumatism, syphilis, mercurialism and kindred affections, anchylosis and muscular contractions.

The situation is superb, and the vegetation luxurious. Good hunting and shooting can also be had.

Dangast.-Germany, Oldenburg, near Varel.

Sea baths; sandy beach.

Very good establishment for cold and warm sea baths. Accommodation abundant and comfortable.

Doctor: Dr. Schüssler.

Dartmouth.-England, Devonshire.

Sea baths; indifferent beach and bathing. Climate mild. The scenery is very fine.

Daruvar .- Austria-Hungary, Slavonia, north of Szigeth.

Mixed bicarbonate waters, from 100° to 115° F.

Slightly mineralised; mud baths.

The situation is very romantic, and the vegetation luxurious.

*Dectors: Drs. Hirschenstein and Brink.

Davos-Dorfli, or Dœrfli, is a village situated about two kilomètres north of Davos-Platz. A good omnibus service connects the two villages.

Davos-Dorfli is a primitive edition of its neighbour, and has not undergone the same development. It is a favourite summer residence for German and Swiss tourists; but English visitors do not frequent it. There are two large hotels (one of which is closed for the winter), several smaller ones, and a number of Chalets and Pensions, in all of which visitors are Opposite the village is the Davos Lake, on which visitors are cautioned not to skate, as the ice is treacherous. Davos-Dorfli catches more of the sun than Davos-Platz, as the sun rises earlier there and sets later, owing to the gorge in the mountains opposite to which it is situated. It is said that the village does not enjoy the same protection from the prevailing winds as its neighbour does; this, however, is somewhat a matter for speculation. Living at Davos-Dorfli is cheaper than at Davos-Platz. The principal hotel (Julier Hof) is closed during the winter, and visitors must expect to find that at Dorfli such strong ideas prevail as to the contagiousness of consumption that those afflicted with this disease are not as welcome guests as they would be in

the neighbouring village. There is a railway station here. Near Davos-Dorfli are Frauenkirch, a pleasant village; Bains de Clavadel, where there is a cold sulphur spring and an establishment, with baths open during the winter; and Spinabad, where there is also a cold sulphur spring. Davos-Dorfli is only four feet below the level of Davos-Platz.

Davos-Platz.-Switzerland, Canton Grisons. See map.

From London in 30 hours by Calais, Laon, Bale, Landquart, joining here a mountain railway, ascending 3,000 feet in 30 miles. The line ends at Davos, within a few minutes of the chief hotels. Leaving Holborn Viaduct at 11 a.m., Davos is reached by 5.30 p.m. next day, or by "Engadine Express" in summer by 1.30 p.m. Fare (1) £6 12s. 4d.; (2) £4 12s. 5d.

Altitude: 5,100 feet above sea level.

Climate: Dry pure air with a great range of temperature, but with very little wind or rain. The barometric pressure is $\frac{1}{5}$ less than at sea level, and there is a very high percentage of cloudless days.

Special indications: An excellent station all the year round for diseases of the air passages, especially for incipient

phthisis and some forms of chronic bronchial catarrh.

Contra-indications: Where there is high fever, severe hæmorrhage or cardiac or renal disease, it is better to try some lower altitude. Laryngeal cases are also unsuitable for

treatment here.

Davos-Platz is a delightfully-situated Alpine village of between three and four thousand inhabitants. It lies in a sheltered valley \(\frac{1}{2} \) to \(\frac{3}{4} \) of a mile wide, protected on either side by vast mountain ranges rising, for the most part, precipitously from 2,000 to 5,000 feet above the town, or some 8,000 to 11,000 feet above the sea. The valley lies N.N.E. by S.S.W., and the southern end being fairly low and open a large proportion of available sunshine gains access to it even on the shortest winter day. On the lower slopes of the mountain are miles of pine forests, and through a narrow channel in the middle of the valley runs swiftly the Landwasser, the overflow from the Davoser See, or Lake of Davos. Snow lies on the highest peaks during most of the year, but in summer the vegetation and flora of the lower slopes are most beautiful and luxuriant.

In winter there is generally a great depth of snow, and the thermometer falls several degrees below zero, but in spite of this fact, the air is so still that the cold is not felt so much as it would be in England with a temperature of 32° F. There is a bright crisp thinness of the air, and the snow falls dry and powdery, quickly freezing with a firm surface. At Davos, in winter, if it does not snow, the sky is cloudless, and

during the daytime the sun is very brilliant, and even in the depth of winter its rays are so strong that one is glad to wear the lightest clothing whilst exposed to them, and sunshades and awnings are the order of the day. The nights are particularly fine, the absolute stillness of the air making it possible for invalids to sit outside until quite late.

With the depth of snow upon the roads no wheeled conveyance is possible, and all vehicular traffic, after October, is conducted on sledges, substituting the musical jingle of the sleigh bells for the rattle and dust of the "einspanner."

The treatment at Davos is eminently an appeal to Nature. It consists entirely in living a quiet easy life in the purest air obtainable. It is recognised that the early symptoms of pulmonary consumption are caused by a lesion or sore in some portion of the lung tissue, and just as one would remove every source of irritation, and apply the purest dressings to a sore on the skin surface, so it is the endeavour in sending patients with chest diseases to Alpine stations, to remove them from the dust and germ-laden atmosphere of our houses and crowded towns, and to allow none but the purest air to enter It is but carrying out in another form the damaged lungs. that great principle of antisepsis, which has wrought such wonderful results in the domain of surgery.

The course of treatment prescribed is to sit or lie out of doors all day, and to sleep with bedroom windows open at night, both summer and winter. With the tonic and bracing qualities of the air, lost appetite is rapidly regained, and exercise in graduated amount becomes possible and most enjoyable. From what has been said it will be gathered that the cases that do best and which are most suitable for treatment at Dayos are those in a comparatively early stage of the disease;

it is no use trying it as a last resort.

Amusements: At the Kurhans and principal hotels there are concerts, theatricals and dances, and ont of doors, all kinds of winter sports, tobogganing, ski-ing, curling, sleighing and excellent skating on a well kept rink.

Sanatorium: For pulmonary diseases, the Schatzalp Sanatorium, a recently built establishment occupying the highest position in Davos, being 1,000 feet above Davos-Platz.

Physicians: Dr. Lucius Spengler, Dr. G. Neumann.

Doctors: Drs. Beeli, Buol, Douty, Heusser, Huggard, Peters, Schnöller, Schibler, Spengler L., Spengler C., Volland, Walz, Wilson.

Hotels: Belvedere, Kurhaus, d'Angleterre, Rhætia, Strela, Victoria, Buol.

Forwarding Agents: H. Johnson & Sons, Hôtel Belvedere.

Dawlish.—England, Devonshire, on the Channel coast.

Much frequented sea baths.

Hotel: The Albert.

Dax.—France, Department of Landes, near Pan and Biarritz. Station of the line Bordeaux-Hendaye; 130 feet above sea level. Pop. 10,000.

Brine, sulphurous and chloride waters, 120° to 145° F.

Mud baths. Mean winter temperature 48° F.

Special indications: Rheumatism, gout, neuralgia, paralysis, throat, chest, lymphatic and scrofulous diseases.

Doctors: Drs. Laranza, M. Delmas, Labutat and Bourrelère. Hotels: Hôtels des Thermes, Europe and France.

Deal and Walmer.-England, Kent.

Sea baths; indifferent beach.

Season: June—September. The climate is less mild and more bracing than that of St. Leonards or Hastings.

Deauville.-France, Department of Calvados.

Sea baths; fine, firm sandy beach. Climate bracing.

Season: June-September.

Many excursions in the neighbourhood.

Hotels: Du Casino, Hótel de la Terrasse.

Desaigues.—France, Department of Ardèche, near Tournon.
Bicarbonate of soda water, similar to the Vals water;

Bicarbonate of soda water, similar to the vals water; mineralisation, 5.24 grms.

Deutsch-Kreutz.-Austria-Hungary, comitat of Oedenburg.

Cold and pure alkaline waters.

They are largely exported, and are very efficacious in all complaints where the stronger and more exciting action of effervescent alkaline waters is contra-indicated. In some cases they are more effective than the Gieshübl.

Special indications: Dyspepsia, affections of the mucous membranes, disorders of urinary and digestive organs, vesical calculi, gravel.

The establishments are indifferent, and the accommodation limited.

Deva.—Spain, province of Guipuzcoa, near Zumarraga, and on both banks of the river of same name.

Sea baths; beach with very fine sands.

The surrounding country is very picturesque, as is also the small town. Frequented by about 2,500 visitors in the season.

Diemeringen.—Germany, Lower Alsace, near Drulingen. Saline waters; 3 grms. of mineral constituents.

Doctor: Dr. Karl Gross.

Dieppe.—France, Department of Seine Inférieure. Pop. 22,000. From London by Newhaven in 5½ hours (4 hours crossing), (1) 24s. 7d.; from Paris, 104 miles in 4 hours, (1) 17 fcs.

Much frequented sea baths at the mouth of the Argues.

Pebbly beach.

Passengers will find the buffet open at the arrival of every train from Paris, or boat from London.

Dieppe is the centre of the fishing industry of this coast, and is one of the most fashionable seaside resorts in France.

Season: July and August.

British Vice-Consul, H. W. L. Jortin, Esq.

Doctors: Drs. L. P. de Mirimonde (English), Williams, De la Rue, fils. Caron, Parel and Deleroix.

Hotels: The Royal Hotel, Métropole, Grand, Des Bains, &c.

Dievenow.-Germany, Prussia, on the Baltic, in Pomerania.

Sea baths; sandy beach.

Season: June-September.

Good bathing and fishing. Very interesting excursions.

Assembly rooms; hotel and other accommodation is firstclass. The place is much frequented by Poles and Germans. Amusements are abundant and in great variety.

Doctors: Drs. Birnbaum and Enters.

Digne.—France, Department of Basses Alpes; altitude 1,960 feet; nearest station Peyruis.

Saline and sulphate of lime waters, 80 to 110° F. The composition of these waters is not thoroughly understood.

Season: May to August.

Used by the ancient Romans.

Dinan.—France, Department of Côtes du Nord. Pop. 9,900. By boat Southampton to St. Malo.

Cold ferruginous waters.

A very picturesque old town, with many quaint houses and streets, situated on a steep granite rock, 11 miles from St. Malo; the old castle, towers, walls, museum, St. Sauveur Church, &c., are the principal objects of attraction. The excursions are very varied.

English Church.

Doctors: Drs. Barbe-Guillard, Châtelet and Ollivier.

Hotel: The Hôtel de la Posts.

Dinard.—France, Department of Ille and Vilaine. By boat Southampton to St. Malo, from Parıs, vid St. Malo. Visitors will do well to change the train at St. Servan, as the tide permits boats to approach the landing-place at all hours.

Sea baths; good beach.

Beautifully situated opposite St. Malo, it is very interesting on account of its old associations. Old church.

English Church.

Post and Telegraph Office: Place Duguesclin.

Doctors: Drs. Biden (English), Browne, Bernard, Derrien.

Hotel: The Grand Hôtel de Dinard.

Dingolfing.-Germany, Bavaria, district of the Lower Danube.

Sulphurous waters.

There is a bathing establishment, which serves also as an hotel.

Doctor: Dr. Höglauer.

Dios-Györ.—Austria-Huugary, comitat of Borsod, near Miskloc.

Sulphurous alkaline ferruginous waters, 70° F.

The therapeutic properties of these waters are as yet unknown. There is a small establishment, with a few rooms for visitors. The situation is fine, and the place could be greatly improved in proper hands.

Dios-Jenö.-Austria-Hungary, comitat of Neograd.

Saline ferruginous waters.

A wooden bathing establishment and no accommodation.

Dirsdorf.-Germany, Silesia, near Nimptsch.

Cold ferruginous waters.

A recently built bathing establishment and other buildings afford accommodation for about 200 visitors.

Doctor: Dr. Eyff.

Dissentis.-Switzerland, Prattigau.

Ferruginous waters.

Near here are the climatic air stations of Ledrun and Chiamatt.

Doctor: Dr. Condran.

Disznopatak.—Austria-Hungary, comitat of Marmaros, Ferruginous alkaline-sulphurous waters, 45° F.

A small bathing establishment.

Waters are used only externally.

Divonne-les-Bains.—France, Department of Ain, 11 hours from Geneva.

Cold water springs.

Hydropathic establishment, open all the year.

Post and Telegraph.

Doctors: Drs. Ballet, Bottey, Roland and Vidart.

Djursätra.—Sweden, provincial district of same name in Western Gothland.

Hydropathic establishment, with several weak springs.

Doctor: Dr. Wretlind.

Dobberan.—Germany, Mecklenburg-Schwerin, on the Baltic shores.

Much frequented sea baths, in a very pleasantly situated valley. Hydromineral station. Several cold mineral springs: one saline, one saline and magnesian, and one ferruginous bicarbonate.

Special indications: Anæmia and general debility.

Doctors: Drs. Lange and Becker.

Hotels: Du Nord, Lindenhof, Logenhaus.

Dolgelly.-Wales.

Climatic health resort.

Hotel: Royal Ship.

Dolha.-Austria-Hungary, comitat of Marmarós, district of Huszth.

Ferruginous alkaline waters. Four springs.

This place is renowned for its mud baths. It has an establishment intended to encourage the use of these baths. The muds are also exported.

Dombhát.—Austria-Hungary, comitat of Bistritz-Naszod railway to Dees; 20 minutes from Rodua.

Strongly effervescent alkaline-magnesian waters.

The bathing establishment is fitted with all modern comforts and requirements. Hunting, fishing and racing supply outdoor amusement.

Doctor : Dr. Bartók.

Domèvre sur Vézouse.—France, Department of Meurthe, near Lunéville.

Purgative waters.

Dorfbad.—Switzerland, near Appenzell; 2,200 feet above the sea level.
Alkaline earthy waters.

The bathing establishments are mediæval.

Dorfgeismar.-Germany, Hesse, near Cassel.

Cold ferruginous waters.

There is a bathing establishment, with a Trinkhalle. The climatic conditions are favourable.

Dorna-Kandrény.-Austria, Gallicia, on the Dorna.

Many cold, ferruginous, bicarbonate springs.

Season: June-September.

Special indications: Nervous affections, anæmia.

The bathing establishments are efficient, which is however, more than can be said for the accommodation.

Doctors: Drs. Binder and Wohl.

Dorres.-France, Department of Pyrénées Orientales, near Prades. Sulphurous sodaic springs, 95° to 100° F.

Dotit.-Hungary, comitat of Gömör.

Thermal sulphur spring.

Douai.-France, Department du Nord.

Alkaline ferruginous waters. They are not used beyond the district of Donai.

Douglas .- England, Isle of Man.

Sea baths; beach good. The caves are utilised in the place of bathing machines.

Climate and air bracing but mild.

Douglas is a health and pleasure resort to which many thousands flock annually. There are endless amusements provided for visitors; large dancing halls, circuses, theatres, gardens, &c., &c. A long sea promenade. The principal hotel is the Villiers, but the Marine Promenade contains one mile of hotels and boarding houses.

Season: June-September.

Doctors: Drs. Woods, Mackenzie, Matheson, Lupton.

Douville.—France, Department of La Manche, from Paris, viá Granville. Sea baths; sandy beach.

Dovedale.—England, between Derbyshire and Staffordshire.

Summer health and holiday resort. Visited on account of the surrounding scenery.

Dover .- England, Kent. By South-Eastern and L. C. & D. lines in about two hours.

Sea bathing and winter station; shingly beach.

Season: May to October.

Climate: Dry and bracing. Rainfall, 29:09 in., with 163

rainv davs.

Dover is favoured in position by the presence of the high chalk cliffs, which shelter it and protect it from the cold winds. The new town is built at the foot of the cliffs, and is rapidly spreading and becoming a fashionable and favourite resort. Apart from its being the starting point for the short Channel crossing to Calais, it possesses merits and attractions of its own. It has a splendid promenade, good band, and during both summer and winter has a large and increasing number of visitors. Drainage and water supply are good. Great improvements are being carried out in the town and harbour, and Dover is in fair way to rival some of her more crowded neighbours in the competition for the holiday-maker and invalid. The arrival and departure of the Continental ferry boats provide endless entertainment and amusement.

Amusements: Besides boating and sailing, there is a good theatre, a rowing club, golf and cycle clubs, and in the season there is a regatta.

Hotels: The Lord Warden and Grand.

Drahowa.-Austria Hungary, comitat of Neutra, near Iastrabje.

Cold ferruginous waters.

Strong diuretic action.

Draitschbrunnen.-Germany, Rhenish Prussia, close to Godesberg.

Earthy alkaline ferruginous waters. The waters are used in the establishments at Godesberg.

Drennon Springs .- North America, Kentucky.

Thermal sulphurous saline water.

Much frequented: beautiful site.

Dresden.—Germany, capital of the kingdom of Saxony; from London viá Calais or Ostend and Cologne 25 hours.

A very fashionable place of residence for English and American families, who winter here. It is styled the "German Florence." Cheap music, theatres, and works of art, select and polished society, are some of the advantages Dresden offers. Visitors going to Dresden should apply to the office for the Protection of Strangers, 21, Geesstrasse Kaufhaus.

Excursions: To Saxon Switzerland, Königstein, Bastei, Pillnitz, Ottowalder, Grund, Kuhstall and Winterberg.

Sand Baths.

Post and Telegraph Office: Waisenhausstrasse.

Cabs: One to four persons, 40 to 90 pfgs.; by hour, 1 m. 60 pfgs. to $2\frac{1}{2}$ mks.

English Club: Bürgerwiese.

British Consul: H. Palmié, Esq.; V.-C.: H. I. Stanley, Esq.

Dentist: Otto L. Schoch.

Bookseller: H. Burdach.

Doctors: Drs. E. Friedrich, Fiedler, Crede, P. B. Giles

(English), &c.

Hotels: Grand UnionHotel, Webers—Victoria, Belle Vue, Saxe, de Rome, deRussie, de Londres, Nord, de l'Europe, Bristol, National.

Dreykirchen.-Austria, Tyrol, valley of the Eisack, near Kollmann.

Alkali-saline waters.

Very pure and healthy air. Picturesquely situated, with numerous excursions.

The establishment is well appointed.

Driburg.—Germany, Westphalia, near Paderborn; altitude 730 feet.

Earthy, saline chalybeate waters. Sulphurous muds.

Notwithstanding its numerous therapeutic resources, Driburg is little frequented. The establishment and accommodation are very good.

Season: May to October.

Doctors: Drs. Foss, Lunnemann, Zengerling, &c.

Hotels: Warnecke, Brockmann.

Drogheda.—Ireland, county Louth.

Sea bathing.

Drohobicz. — Austria-Hungary, Galicia, district of Sambór, near Truscawicze.

Saline waters, 25 per cent. of salt. Only used externally. The bathing establishments are good.

Droitwich.-England, Worcestershire; 31 hours from London.

Saline waters and brine baths. Open all the year round.

Special indications: Rheumatic gout, rheumatoid arthritis, muscular rheumatism, sciatica, neuralgia, nervous debility, pelvic cellulitis, uterine derangements, bronchitis, rheumatic

fever, cachexia, congestions of liver and spleen.

The potency of the hot salt baths of Droitwich was first recognised in 1831, during a visitation of cholera, in which it is stated to have proved specific. The Droitwich brine is the most powerful in Europe. Its efficacy in the above-mentioned special indications has been indisputably established. The brine is from ten to twelve times stronger than the ocean, and in density surpasses that of the Dead Sea by four times.

There are two large bathing establishments, the St. Andrew's and the Royal, both containing, besides private baths of three classes, large swimming baths filled with brine at a temperature of 85° F., which is a special and prominent feature of these establishments as inland

salt water swimming baths.

Hotels: Raven, Worcestershire Brine Baths and Royal Brine Baths.

Dunbar.—Scotland, Haddingtonshire. Sea baths, much frequented.

Dunblane.-Scotland, Perthshire, near Stirling.

Situated on the main line between England and Scotland, at its junction with the Oban and Callander Railway. At the entrance to the far-famed Trossachs, and the Scottish Central Highlands, within 10 hours direct from London and a little more than one hour from Edinburgh and Glasgow.

Philp's Dunblane Hydropathic establishment in grounds extending over 20 acres, and possessing unparalleled views.

Resident Physician.

Dunblane was one of three places selected for a Scotch Royal residence. The district is certified by the highest medical authority "to be one of the choicest places in Scotland in respect of climate." Accommodation for over 200 visitors. Electric and other baths.

Dundrum.—Ireland, near Downpatrick, Dewar, Down-Sea baths; good beach.

Dunkirk.—France, Department of Nord. Sea baths, much frequented; sandy beach. Season: June—September. Dunkirk is duly celebrated for its extensive rabbitshooting facilities. During season, races of importance are held. Theatre, casino, boating and fishing.

Hotel: The Hôtel du Chapeau Rouge.

British Consul: E. Taylor, Esq.

Dunoon and Innellan.-Scotland, Argyleshire.

Sea baths; sandy beach.

Hotel: McColl's.

Dürkheim an der Hardt.—Germany, Palatinate; altitude 380 feet.
Saline bromo-iodurated springs, similar to the Kreuznach waters, but not so rich. Grape cure.

Doctors: Drs. Kauffmann and Loeb.

Hotel: Four Seasons.

Dusternbrook.-Germany, Holstein,

Sea baths on the bay of Kiel.

The place is connected with Kiel by a long shady road, and the situation being charming is consequently much frequented. The prices of accommodation are equally high throughout.

Doctor: Dr. Weber.

Eastbourne.—England, Sussex. By L. B. & S. C. Railway, 66 miles south of London.

Sea baths: sandy beach.

Season: May to October. Also fashionable as a winter resort after August, when the cheap trips cease.

Climate: Very healthy and invigorating; mean annual temperature 50.6° F.; rainfall 32.68 in., sunshine 1.941.7 hours

(1897); aspect, south and south-east.

A large and fashionable seaside town, with a population of 44,000. The town is built on a slope, running west to east, and varying in height from 140 feet to sea lavei. It consists of an old and a new town. The latter extends towards Beachy Head. The sea front is over two miles long and is laid out in terraces, in three tiers, affording excellent roads for driving. It is one of the healthiest towns in England, the death rate being 8.96 per 1,000 (1897), inclusive of visitors.

Special indications: Convalescence, debility, anæmia, stru-

mous diseases.

Amusements: Everything that can be desired. Two town bands, pier, golf links on Beachy Head. Regatta in August—September.

Hotels: Grand, Queen's, Burlington, &c.

The Eastbourne Hydropathic.

Eaux-Bonnes.—France, Department of Basses Pyrénées, valley of Ossav between Bordeaux and Pau; 2,500 feet above the sea level; half-hour from Laruns by carriage.

Sulphurous saline and alkaline waters, 54° to 90° F., with very strong smell. Inhalation saloon. Hydropathic establishment,

Season: June to September.

Frequented by more than 3,000 visitors.

Special indications: Angina pectoris and laryngitis, bronchitis and chronic catarrhs, asthma, chronic pleuritis, pulmonary

phthisis, anæmia, lymphatism and scrofula.

"The thermal sulphurous and sulphurous saline waters of the Pyrénées, and especially the Eaux-Bonnes waters," says Dr. Cazaux, "are specific remedies in all chronic affections of the chest."

The late celebrated Dr. Pidoux wrote:—"In cases of pulmonary tuberculosis, the waters of Eaux-Bonnes possess a force with which no medicine of the chemist can compare. Thermal Europe has no remedies, we venture to assert, worthy to be placed on the same level as the Eaux-Bonnes waters."

The town of Eaux-Bonnes is sheltered from winds by the surrounding forest-clad mountains, and can be recommended as an agreeable place of residence. It is also favourably known as an air cure station, owing to its elevated position.

Post and telegraph. Protestant and Catholic churches.

Casino, club and municipal band. Many points for excursions. Villas and furnished apartments.

Doctors: Drs. M. Cazaux, Leudet, Leriche, Portes, Devals and Mennier.

Hotels: The Hôtel des Princes, Grand Hôtel de France.

Eaux-Chaudes.—France, Department of Basses Pyrénées, near Eaux-Bonnes; station, Laruns; 2,200 feet above sea level.

Sulphate of soda waters, from 50° to 95° F. The Baudot l'Espuriette and Bey springs are taken internally.

Special indications: Rheumatism, catarrhs, scrofula.

Doctors: Dr. Verdenal.

Hotels: De France, Baudot.

Ebersbach.—Germany, Würtemberg.

Saline waters.

A small bathing establishment.

Doctor: Dr. Eppler.

Here is the largest prison in Germany, formerly a monastery.

Ebningen.—Germany, Würtemberg, district of Bahlingen. Sulphurous waters.

A small and fairly appointed bathing establishment.

Ebriach.—Austria, Carinthia, district of Klagenfurt, near Kappel. Alkali-saline and ferruginons waters.

The water is exported. The municipal authorities are earnestly endeavouring to provide the accommodation and amusements expected by visitors in the present day.

Eckerberg.-Germany, Pomerania.

Air cure station and hydropathic establishment.

The place is situated in the midst of a pine forest.

Doctors: Drs. Marcus and Viek.

Eckernförde.-Germany, Schleswig, five hours from Kiel.

Sea baths; sandy beach.

The bathing establishments are very efficient and well appointed.

Doctors: Drs. Holm and Wulff.

Egartbad.-Austria, Tyrol, near Meran.

Cold sulphurous waters.

The bathing establishment, one of the best in the Tyrol, is much frequented during summer.

Air sedative and mild; Egarthad is well suited to nervous temperaments as a climatic air station.

Egelhof.-Austria, district of Traun, near Windisch-Garsten.

Cold sulphurous waters.

A small bathing establishment, with a limited number of visitors annually.

Egerdach.—Austria, Tyrol, near Innpsruck; 1,900 feet above sea.

Alkaline waters.

The establishment affords everything necessary, and is much frequented.

Eggenberg.—Austria, near Graz, in Styria; 1,100 feet above the sea level.

Hydropathic establishment, climatic air station, whey and
milk cure.

The situation is very lovely, and the close vicinity of Graz contributes powerfully to the comforts of the place.

Doctor: Dr. Weiser.

Eggishorn.—Switzerland; situated above Fiesch, on the road between Brigue and the Rhone Glacier.

Climatic health resort.

Hotel: Hótel Eggishorn.

Ehrenbreitstein.—Germany, Rhenish Prussia, opposite Coblentz, at the foot of the fortress.

Earthy waters, used in the environs as table waters, and also exported.

Doctors: Drs. Becker and Klipstein.

Eichwald.—Austria, Bohemia, district of Leitmeritz, near Teplitz. Hydropathic establishment, much visited.

Doctor: Dr. Brecher.

Eigenthal.—Switzerland, three hours from Lucerne; altitude, 4,000 feet. Climatic air station; for summer visitors. Eisenach.—Thuringian Forest. Climatic air station 650 feet above sea level. Aucient town of 35,000 inhabitants at foot of the celebrated Wartburg, where Luther translated the Bible. Eisenach is situated in a broad valley surrounded by high mountains covered with pine trees and woods. Bracing and invigorating air.

Hotels: Waldhaus, Golden Lion.

Eisenberg, or Zelesna-Wodsk.—Russia, Caucasia, near Pjätigorsk. Ferruginous waters, 50° to 110° F.

The establishments and general accommodation are very poor, considering the large number of visitors which the efficacy of the waters attracts.

Elgersburg.-Germany, Saxe-Coburg-Gotha, near Ordruff.

Hydro-therapeutic establishment.

Doctors: Drs. Barwinski and Weideburg, Preiss and Schafer.

Hotel: Kurhaus.

El-Hamma.—Algiers, near Constantine. Bicarbonate of iron water. 90° F.

Elisabethbad.-Germany, Brandenburg, near Prenzlau.

Ferruginous bicarbonate waters.

Special indications: Nervous affections.

Elisabeth-Salzbaths.-Austria-Hungary, in the town of Ofen.

Bitter waters, the oldest spring of Ofen.

Exported to the extent of over one million bottles per annum. There is also a bathing establishment.

Elmen.—Germany, Saxony, district of Magdeburg, near Salza.
Saline waters.

Special indications: Affections of the glands and of the mucous membrane, rheumatism.

Doctor: Dr. Kirchheim.

Hotels: Evers, Voight.

Elöpathak, or Arapatak.—Transylvania, near Kronstadt.

Ferruginous bicarbonate water, 30° F.

Doctor: Dr. Schwarz.

Elster.—Germany, Saxony, near the Bohemian frontier; 1,300 feet above the sea level.

Alkali-saline ferruginous waters, 25° to 30° F. A very well-appointed bathing establishment.

Special indications: Abdominal plethora, dyspepsia, and pervous affections depending on anæmia.

Mud baths, recommended in cases of rheumatic paralysis, in articular disease.

Doctors: Drs. Peters, Helmkampf, Bach, &c.

Hotels: De Saxe, Wettiner.

Empfing.—Germany, Bavaria, near Traunstein; 1,300 feet above sea level.

Indifferent waters; hydropathic establishment. Steam, douche, mud and pine-cone sap baths.

The establishment is good, and accommodation abundant and

adequate.

Ems.—Germany, Nassau; 300 feet above sea level. Route from London (about 17 hours), viā Dover, Ostend, Brussels, Cologne, Coblentz, Niederlahnstein. Fares.—First class, £3 5s.; second class, £2 7s. 2d.

Alkaline muriated thermal waters 80 per cent., 120° F., chiefly containing bicarbonate of sodium, common salt and carbonic

acid gas; there is also a ferruginous spring.

Number of visitors of all nationalities during season, about 24,000.

Ems was a favourite summer residence of the late Emperor

William I.

Special indications: Laryngitis, bronchitis emphysema, all cases of relaxed mucous membrane, the after effects of influenza; diseases of the liver and stomach, dyspepsia, gout, chronic affections of the uterus, lencorrhæa, dysmenorrhæa,

sterility, &c.

Ems is beautifully situated in the valley of the river Lahn, amidst thickly wooded hills. The town is more or less built on the sides of these hills, and has vastly improved of late years. A magnificent Kursaal, a fine theatre, and bandstands and long covered walks have been built in or near the beautiful public gardens, extending through the whole length of the town. The mineral springs of Ems have been noted from Roman times; there are eleven. The waters of the Kesselbrunnen, Kaiserbrunnen, the Kranchen, and Furstenbrunnen, also the Felsenquellen, are used internally, whilst the others are taken as baths. In no bathing place in Germany is there to be found such complete mechanical and medical arrangements for the cure of curable chest diseases, such as asthma, emphysema and chronic bronchitis. There are splendidly organized institutions, with ingenious apparatus for the relief of those suffering from diseases of the chest. are perfectly equipped, and the inhalation halls, douches, sprays and other hydropathic arrangements, are most perfect. A special feature in the treatment of chest cases at Ems is the visit up the Funicular Railway to the Malberg, 1,000 feet. where the air is pure and bracing. Here patients are ordered to recline upon comfortable couches under the shady trees, amongst which are built kiosks; there are all kinds of amusements, mostly under shelter. There is also a good restau-

rant and hotel built in the woods of the Malberg.

Ems is by no means an expensive place to reside in; it is full of life, there is a most excellent band, which plays three times a day, and no lack of amusements, such as battles of flowers, regattas, "Fêtes à la Venice," fishing, tennis and croquet grounds. The death rate is very low, and the hygienic state of the town all that can be desired.

Ems waters can be obtained of Messrs. Ingram & Royle, Limited, 26, Upper Thames Street, London, E.C., and at

Liverpool and Bristol.

Hotels: There are numbers of hotels and pensions at various tariffs. One of the principal first-class hotels frequented by English visitors is the Hôtel d'Angleterre, kept by Mr. F. Schmitt, who has spared no pains to provide his hotel with every modern requirement for visitors. It is situated opposite the Royal baths, close to an inhaling institution, and has own shady grounds, and overlooks the public gardens. (See advt. at end.)

Hotel Bella Rira: An excellent first-class hotel, also visited by English. It is distinguished by beautiful situation and

view, surrounded by large garden and park.

Other first-class hotels are: The Kurhaus, the Four Seasons, the Four Towers, the Guttenberg, the Darmstädter Hof, the Prince of Wales, the Hotel de Paris.

Doctors: Drs. Alb. Geissé, Vogler, Reuther, Döring, and

many others, most of whom speak English.

Enatbühl.—Switzerland, Canton of St. Gall; 3,000 feet above the sea level.

Alkali-saline and sulphurous waters.

The establishment is efficient, and the accommodation good.

Engadine (The).—Extends 81 kilomètres from Maloja to Martinsbruck on the Austro-Swiss Frontier, divided into Lower and Upper Engadine.

Lower Engadine is the part between Martinsbruck and Brail, and the Higher Engadine is from here to Maloja. The River Inn runs along the Engadine for its whole distance.

In the Lower Engadine are found the following health

resorts:--

*Snis, C.A.S. 4,700 feet Sinestra, saline springs Tarasp, see special article Vulpera

In the Higher Engadine are-

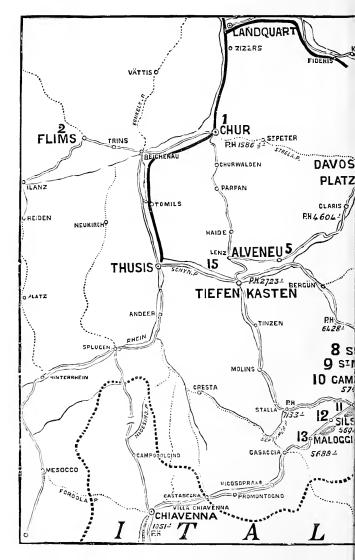
Zug, C.A.S. 5,800 Samaden, C.A.S. 5,700 Pontresina, see article St. Moritz, see article Campfer, see article Silvaplana, see article Fettan, C.A.S. 5,200 Guarda, C.A.S. 5,300 Laven, C.A.S. 4,700

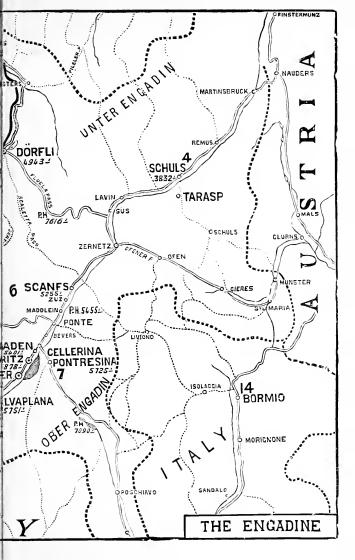
Surleg, mineral spring; Granville Hotel, de Nord and Grand

Sils Maria, C.A.S. 5,900

Maloja, see article

- 1. Coire-"Hôtel Steinbock," see page S4.
- 2. Flims-The Kurhaus.
- 3. Davos-
- 4. Tarasp--
- 5. ALVANEU—The Kurhaus, see page 14.
- 6. Scanfs-
- 7. Pontresina-" Hôtel Roseg," &c., see page 234.
- 8. Samaden-"Hôtel Bernina." see page 273.





9.	St. Moritz-Bad-Kurhaus, "Hôtel du Lac," " Engadiner Kulm," "Hôtel Victoria." see page	
10.	Campfer—	
11.	Silvaplana-	
12.	Sils-	

Maloja-" Hotel Kursaal," see page 185.

13

14.

15.

Вокмю-

Tiefenkasten-

Lower down in the Italian Valleys come—

Promontogno, see article Soglio, C.A.S. 3,500

Le Prese, sulphurous mineral spring, see article

Castasegna, Frontier village

Bornio, hot sulphurous waters * C.A.S., i.e. Climatic air station.

Engelberg.-Switzerland, on the Lake of Lucerne, 3,400 feet above the sea level.

Season: 1st May—1st October.

Mountain air cure.

Situated in the centre of a valley surrounded on all sides by high mountains, the highest of which is Mount Titlis (about 9,900 feet). The peculiarity of Engelberg is the stillness of the air, which is most remarkable. The local physicians assert that the air does good to almost all diseases, but bronchial and chest affections appear to be the principal maladies benefited by a stay here.

Doctors: Drs. Brunner, Cattani and Schneer.

Hotels: Grand Hotel Kuranstalt, Sonnenberg and Titlis.

Enghien.-France, Department of Seine and Oise, near Montmorency. Population, 2,000.

Cold sulphurous and lime water.

Special indications: Scrofula, affections of respiratory organs, herpes and rheumatism.

Bathing establishment well fitted for hydropathic medication; also a good Casino.

Doctors: Drs. Japhet, Feugier, Callias and Weili.

Eppingen.-Germany, near Carlsruhe.

Cold sulphate of magnesia waters.

Epsom.-England, Surrey.

Sulphate of magnesian waters, rich in mineral matter, though little resorted to.

The sulphate of magnesia, which constitutes the mineral base of these waters, is usually called "Epsom Salts" in England.

Erdmannsdorf.-Germany, Silesia, near Hirschberg.

Climatic air station.

There is a very fine park. The environs are very charming, though visitors are frequently annoyed by the exhalations from the neighbouring miniature lakes and the smoke of the factories in close vicinity.

Doctors: Drs. Galle, Hartwich.

Erdö-Benye.-Hungary, comitat of Zemplin, near Tokay. Rail to Szeghalom.

Sulphurous ferruginous waters; grape cure station.

Much frequented. Establishments and accommodation good.

Essentuk.-Russia, Caucasus, near Pjätigorsk.

Cold alkaline and alkali sulphurous waters.

Season: May-October.

Special indications: Affections of the abdominal organs, hyperæmia of liver and spleen, arthritis, lithiasis, affections of the urinary organs, scrofula, emphysema and affections of the respiratory organs.

The bathing establishments and accommodation generally are luxurious, and fresh improvements are being made each year. No known European waters are so rich as those of Essentuk

in iodine and bromine.

Etivaz.—Switzerland, Vaud; altitude 3,800 ft.; near Chateau d'Oex (see article).

Cold springs, containing useless ingredients and sulphuretted hydrogen gas.

Etretat.—France, Department of Seine Inférieure, near Trouville Railway Station, at Les Ifs.

Largely visited sea baths.

There is an English church here, and a casino.

Doctor: Dr. de Miramont.

Hotels: Blanquet and Hauville.

Evaux.—France, Department of Creuse, near Aubusson; altitude 1,500 feet above sea level.

Eight sulphate of soda springs, 60° to 140° F.

Special indications: Rheumatism, paralysis, nlcers.

Evian-les-Bains.—France, Upper Savoy, on the Lake of Geneva, opposite Lausanne, from which place it is half an hour distant by boat; 1,162 feet above the sea level.

Calcareo-bicarbonated waters and climatic air station.

Special indications: Affections of the nrinary and digestive organs, chronic affections of the liver and biliary apparatus, chronic nephritis, gravel, gout, vesical catarrh, chronic cystitis, congestion of the liver, diseases of the nervous centres, insomma.

The watering place of Evian offers to the tourist as well as to the bather an agreeable sojourn. There are five mineral springs, with diuretic and tonic properties. Facing the north, it receives refreshing breezes from across the lake.

Messrs. Ingram & Royle, Limited, 26, Upper Thames Street, London, and at Liverpool and Bristol, are the agents in Eng-

land for the waters.

Post and Telegraph station.

Walks and excursions in great variety into the forests and mountains, &c. Excursions by steamer (25 departures every day), to Montreux, Chillon, Vevey, Lausanne, Geneva, &c.

Doctors: Drs. Taberlet, Million, Roques, Dumur, Bordet, Chiais and Folliet.

Hotels: The Grand Hôtel des Bains, d'Evian, France, Paix and Alpes.

Exmouth,-England, Devonshire; 10 miles from Exeter.

Sea baths, sandy beach.

Climate: Mild.

Season: June-September.

An establishment for hot and cold baths.

Special indications: Failing digestion, debility, and catarrhal affections.

Hotel: The Beacon, Imperial.

Fachingen.-Germany, Nassau, near Ems.

Cold alkaline waters; for table use only.

Special indications: Dyspepsia.

Some of the strongest alkaline waters in Germany. Largely exported.

Falkenberg.-Germany, Silesia, district of Oppeln, near Grottkau.

Ferruginous sulphurous waters.

The establishment is of a superior kind.

Doctors: Drs. Boss, Franck and Rother.

Falkenstein.-Germany, Taunus, Nassau, near Kronberg; altitude 1,430 feet above sea level.

Hydro-therapeutic station, well known for the treatment of consumption.

Special indications: Affections of the lungs.

Doctors: Drs. Dettweiler and Hoven.

Hotel: Kurhaus.

Falmouth.-England, Cornwall.

Sea baths; sandy beach.

Hotels: The Royal, Falmouth.

Fano.-Italy; four hours' rail from Bologna.

Sea baths; sandy beach.

Arrangements fairly good.

Hotel: Hctel Moro.

Fano.-Denmark, on the west coast of Jutland, near Esbjerg.

Sea baths, sandy beach with strong surf.

Newly-erected establishment on the German pattern.

Farnborough.-England, Hants; 33 miles from London.

Hydro-therapeutic establishment, with well-appointed pine, Turkish and Russian baths, inhalation rooms, &c., on the Reichenhall principle.

Hotel: The Queen's.

Farnbühl.—Switzerland, near Lucerne; 2,500 feet above the sea level. Alkaline ferruginous waters, with free carbonic acid gas.

Fécamp.-France, Department of Seine Inférieure.

Much frequented sea baths.

Hotels: Hotel des Bains, Hotel d'Angleterre. British Vice-Consul: G. Constantin, Esq.

Feldberg.-Germany, Mecklenburg-Strelitz

Hydropathic establishment. Electro-therapeutic baths. A winter station.

Doctors: Drs. Erfurth, Kausch and Westphal.

Felixstowe.-England, Suffolk, near Harwich.

Sea baths; firm sandy beach.

Climate bracing.

Season: July-September.

Hotel: The Orwell.

Fellathal.—Austria, Carinthia. Cold alkaline water.

Very good establishment and accommodation.

Felsenegg.—Switzerland, Canton of Zug; 3,030 feet above sea level; five miles from Zug.

Climatic station. Very pure and equable atmosphere. There are several hydropathic establishments, the principal one being the Schonbrunn. The air of Felsenegg with Schoenfels has a great reputation in some chest cases, and the *bertel* cure is carried out here.

Doctor: Dr. Mehlm.

Hotel: Felsenegg.

Felsö-Bajom.—Austria, Transylvania, near Baasen.

Saline waters, 70° F.

The establishment is well arranged, and the accommodation good.

Felsö-Russbach.-Austria-Hungary, comitat of Zips, near Pudlein.

Earthy waters.

The establishment resembles a gothic castle of feudal times. Its ancient splendour is still attested by numerous antiquities. The gaseous emanations from the soil are very peculiar, and not without risk to men and animals.

Feredschik.-Turkey, Roumelia, Sandshak Gallipoli.

Saline waters, 70° F.

The establishments are on a grand scale, and fitted with every luxury.

Filey.-England, Yorkshire; seven miles from Scarborough.

Saline springs, deserving to be better known.

Season: June-September.

Fladnitz.—Austria, Styria, near Villach and Friesach; 4,100 feet above the sea level.

Climatic mountain air station; whey care.

There is a resident physician in the season.

Hotels: The Kurhaus.

Flásch.—Switzerland, Argovy, near Feldkirch; 1,750 feet above the sea level.

Alkali-saline waters, 45° F.

Special indications: Gravel, vesical calculi, gout, hæmorrhoids.

The establishment is good and accommodation fair.

Fleetwood.-England, Lancashire, on the Wyre.

Sea baths; shingly beach.

Climate humid and mild.

Flims.—Switzerland; 3,600 feet above the sea.

Climatic air station. Near here is Waldhaus Flims.

Doctor : Dr. Boner.

Flint.-Wales.

A well-frequented sea bathing-place.

Florence,—Italy, Population 150,000. From London via Calais, Paris and Turin in 37 hours; or by Calais, Laon, Basle and Milan in 36½ hours.

One of the finest and most attractive cities in Europe, and a favourite winter residence for English and Americans. It lies in the valley of the Arno, the city extending to both banks of the river. The surrounding country is very picturesque, the lofty Monte Morello (3,000 feet) of the Apennine Range, being about 3 miles to the north. The city itself contains such vast stores of art treasures as to be a never-failing source of interest to its visitors; indeed it would be difficult to find in any other city in the world so much that appeals to the artistic temperament.

Climate: Owing to its proximity to snow-clad mountains, the temperature is very variable, and in winter the changes are so sudden and severe that it is hardly suitable as a winter resi-

dence for invalids except those of a fairly robust type.

Season: Spring and Autumn. The best months are April and May, and the latter half of September and October. The winters are bright and sunny, but the north-east winds which prevail are often very bleak and trying.

British Consul: Major W. P. Chapman.

Bookseller : B. Sceber.

Dectors: Drs. Coldstream, Danvers, Henderson, Jones, Steele, Tidey, Sir W. Wade, and Skinner (American).

Hotels: Grand Hotel Continental, Hotel de la Ville, Hotel d'Italie.

Fluhli.—Switzerland, Canton Lucerne. Station at Schüptheim, altitude 3,000 feet.

Sulphurous waters.

Doctor: Dr. Enzmann.

Flushing.—Holland; population 13,000.

Sea baths.

More frequented of late years; on Royal Mail route to Eastern Europe, from Queenborough.

British Vice-Consul: P. L. de Bruyne, Esq.

Hotel: Grand.

Föhr.-Germany, island in the North Sea, off the coast of Schleswig.

Sea baths, sandy beach, very little surf.

There is an establishment for cold and warm sea baths, at Wilhelminenbad. About 16 villages and hamlets on the island, and those on the west side have all sea baths. The scenery is less interesting than on the sister island Sylt.

Doctor: Dr. Gerber Gmelin and Hennings.

Folkestone.—England, Kent, on the Channel coast.

A much frequented sea-bathing-place; sandy beach.

Chalybeate waters.

Hotels: Pavilion, Grand, Queen's, Metropole, &c.

Fonté.-Spain, province of Zaragoza, near Chiprana.

Sulphurous saline waters, 50° F.

Special indications: Abdominal affections, dyspepsia,

amenorrhœa, chlorosis, hysteria, ophthalmia.

The situation is charming. The establishment is not quite up to modern requirements. Accommodation is scanty.

Doctor: Dr. Martinez.

Forges-les-Eaux.—France, Department of Seine Inférieure, in the Valley of Bray, Normandy. Rail from Dieppe to Paris. Altitude 520 feet above sea level.

Cold bicarbonate and ferruginous waters, tonic and fortifying

in their action.

Special indications: Convalescence, anæmia, chlorosis, amenorrhœa and general debility where iron is tolerated.

There is a casino, but the town is not well kept and arranged.

Doctors: Drs. Cavé and Mathon.

Hotel: Des Thermes.

Forrestegg.—Switzerland, Canton St. Gall, near Sennwald. Effervescent sulphurous waters.

Fairly good establishment.

Fortuna.—Spain, province of Murcia, near Lieza.

Saline waters, 125° F.

Special indications: Rheumatism and paralysis, chronic ulcers, scrofula, neuralgias.

The establishment is one of the best in Spain, and the accommodation is good. The gardens are beautiful.

Doctor: Dr. Chacel.

Fowey.-England, Cornwall.

Sea baths on the south coast.

Hotel: The Fowey.

Frailes y La Rivera. - Spain, province of Jaen, near Alcalá la Real, and 1,140 feet above sea level.

Bitter, waters, 50° to 55° F.

Special indications: Bronchial catarrhs, hyperæmia of the

liver, dyspepsia, leucorrhœa, chlorosis and chorea.

The situation is lovely, and the vegetation very luxuriant. The establishment is composed of 25 houses and three large edifices, having 18 balconies. The arrangements for baths are good, and the accommodation is of a superior kind; prices are, however, moderate. Ball, concert, reading, billiard, smoking and music rooms.

Doctor : Dr. Barráca.

Frankenhausen.-Germany, Thuringia, 15 miles from Sondershausenstation, Rossla.

Saline lithic waters, sanatorium for scrofula (children)

Season: 15th May to end of September.

Special indications: Scrofula, rheumatism.

Doctors: Drs. Graef, Lothholz and Steinhäuser.

Hotels: Nigger, Thuringia.

Frankfurt-am-Main.-Germany. From London by Ostend, Brussels; Cologne, by Ostend-Vienna Express (May to September) in 153 hours: or by Flushing and Cologne in 18 hours.

A very wealthy commercial town; the birthplace of the

Rothschilds. Population about 200,000. Used as a transitory station by visitors to and from health resorts in this part of

Post and Telegraph Office: Zeil No. 52.

Cabs: For one or two persons, 60 pfg. three or four, 80 pfg.; for one

British Consul: Sir Charles Oppenheimer.

Vice-Consul : C. W. Schwarz, Esq.

Bookseller : B. Auffarth.

Doctors: Drs. Barry, Bockenheimer, &c., &c.

Hotels: Grand Hotel National, Frankfurter Hof and the Continental.

Franzensbad.—Austria, Bohemia, near Eger; 1,600 feet above sea level. From London by Ostend-Vienna Express to Eger in about 25 hours: or by Flushing, Cologne, Wurzburg, Nuremberg and Eger in 32 hours.

Alkali-saline ferruginous waters; carbonic acid gas waters and baths; mud (the strongest in iron known) baths; nine springs, all highly charged with carbonic acid. The waters, and especially the muds, are largely exported.

Season: 1st May till 1st of October.

Number of visitors: About 12,000 in the season.

Special indications: Female diseases, scrofula, debility, anæmia, chlorosis, impoverishment of the blood and its effects, atony, indigestion, hæmorrhoidal affections, sterility, impotence, neuralgia, hysteria, hypochondria, difficult and disordered menstruation, chronic catarrhs of the mucous

membranes, dyspnæa, dyspepsia, gout.

The situation of Franzensbad is lovely and the scenery very picturesque, being surrounded by righly wooded hills and mountains. The climate being surrounded by richly wooded hills and mountains. The climate is mountainous with a pure fresh air, very rich in ozone. The springs have been in use since the Middle Ages, and as early as 1623 foreigners are recorded to have visited the place. The greatest treasure, however, Franzensbad possesses are the inexhaustible beds of saline-iron muds (moor), which with regard to its mineral principles in sulphate of iron and free sulphuric acid is superior to any therapeutically-used mud (moor).

The bathing establishments (4) are superior, and second to none on the Continent. They are entirely complete and up to all modern thera-

peutic requirements.

The park and pleasure grounds surrounding Franzensbad are very extensive and fine, and this is the favourite meeting place of the foreign colony. On rainy days the colonnades near the Franzensquelle, Salz, and Wiesenquelle, offer shelter to take the necessary exercise. The Curhaus, with large conversation saloon, is very fine, as is also the theatre. The Curhaus has also an extensive and well-supplied reading room, billiard, smoking, and gaming rooms, and the use is gratuitous. A very good Cur-orchestra plays twice daily. Concerts by celebrated artists, reunions, balls, archery, and rifle shooting, lawn tennis, &c., are the other amusements offered. More than 4,000 rooms afford ample accommodation.

Excursions are very numerous and enchanting; the nearest are Ludwigshöhe, Antonienhöhe, Stockerhöhe, Miramonti (Restaurant),

Kammerbühl, &c.

For all information apply to the Mayor's office (Bürgermeister-Amt) in Franzensbad.

English Church service at Hôtel de la Poste.

Post and Telegraph Offices: Neugasse.

Custom house at the station, so that the luggage can be booked through to Franzensbad without being examined at the frontier.

Bankers: Karl Wiedermann & Co.

Chemist: G. Khittl, Kaiserstrasse.

Conveyances are amply provided; carriages, horses, mules, donkeys, bath chairs, &c.

Bookseller: E. A. Götz, Kaiserstrasse.

Doctors: Drs. Sommer, Steinschneider, Otto Wolf, Loimann,

and Egger.

Hotels: Hotel Post, and Villa Dr. Wolf and Villa Imperiale. Large first-class establishment with own park and lawn tennis gardens. Also the Gisela, Holzer, Hübner, Müller, Konigs Villa, and many others.

Fraserburgh.-Scotland, Aberdeenshire, 28 miles from Aberdeen. Sea baths, sandy beach and chalyheate waters

Frauenstein.—Germany, Saxony; 2,000 feet above sealevel, near Schlangenbad.

Climatic air station, with bathing establishment.

Doctor: Dr. Ullrich.

Fredriksvarn.-Norway, near Fredrikvaern.

Sea baths.

Seaside hospital for children suffering from scrofula; established in 1892.

Doctor: Dr. Sinding Larsen.

Freiburg.—Germany, Baden, in the Breisgau; 950 feet above sea level; 65,000 inhabitants. From London by Ostend and Brussels in 20 hours; or by Flushing, Cologne, Mannheim and Offenburg in 21‡ hours.

Climatic air station.

A very old town, and the ancient capital of Breisgau. There is an old Münster, a fine specimen of Gothic architecture, containing many interesting objects. Archbishop's palace, Grand Ducal palace, Merchants' Hall, Statue of Victory, University and Library, are well worth visiting.

English Church.

Post and Telegraph: Close to Sommer's Hotel and the Hôtel de l'Europe.

Bookseller: B. Herder.

Doctors: Drs. Geier, Gen. Rat. Prof. Hegar, Prof. Kraske, Drs. Bloch, Gen. Rat. Prof. Manz and Bäumler (the last English).

Hotels: Hotel Sommer zum Zähringerhof. This beautiful and well-known first-rate hotel is situated on the right, opposite the station, in the healthiest and finest part of the town, snrrounded by its own garden, and situated among pleasant promenades; lift, electric light (see advt. at end).

Hôtel Europe, &c.

Freienwalde.-Germany, Brandenburg, on the Oder.

Cold ferruginous bicarbonate waters. Little frequented.

Situated in a very fine valley.

Doctors: Drs. Blume and Grossmann.

Hotel: Kurhaus.

Freshwater.-England, Isle of Wight.

Sea baths, pebbly beach.

Climate pure and bracing.

Freyersbach.—Germany, Duchy of Baden

Bicarbonate and ferruginous waters. Treatment by means of mud and carbonic acid gas baths. Little visited.

Special indications: Liver complaints, female diseases, disorders of the respiratory and urinary organs.

Fribourg.-Switzerland, capital of Canton of same name; from Paris,

via Belfort and Basle to Fribourg.

A picturesque old town, founded in the twelfth century, and well worth staying at for a day, in order to see the various sights of interest.

Near here are the health resorts of Bonn, Garmiswyll and

Marat.

Excussions: Promenade of the Palatinate, Viaduct of Grandfrey, Hauterive Bourgileon, artificial lake of Perolles, fish hatching establishments, garden of the hospital, the Black Lake, Kaiseregg, Gruyères, Morat and Avenches.

Post and Telegraph Office.

Hotel: The Grand Hôtel National.

Fridau.—Switzerland, Canton Soleure, near Mount Jura; altitude 2,700 feet.

Climatic health resort.

Season: May to October.

Doctor: Dr. Christen.

Friedrichshafen.—Germany, Würtemberg, on the north shore of the Lake of Constance; 1,376 feet above sea level; 3,300 inhabitants. From London vid Basel and Rudolfzell.

A climatic summer station. Lake and Turkish baths.

The town is very old, but owing to recent additions it has acquired quite a modern aspect. The situation is very fine and picturesque, overlooking the lake and the opposite coast of Switzerland, with its mountain chains. Like all stations on the Lake of Constance, it forms a good centre for excursions There is a Kursaal, with park, on the shores of the lake. A museum, with many interesting objects illustrating the history of the Lake of Constance and its primitive inhabitants. The King of Würtemberg resides here in summer; the castle and park are both open to visitors.

Amongst the favourite excursions may be mentioned Mauzell, Berg, Unter, and Ober Theuringen, Lochbrücke, Trauter mühle, Waggershausen Riedle, St. George, Tettnang,

Ravensburg, Wolfegg and Waldburg.

Post and telegraph office at the railway station.

Doctors: Drs. Faber and Kay.

Hotels: The Hôtel de la Couronne, Deutscher House and Krone.

Friedrichroda.—Central Germany. From London, viá Ostend, Dusseldorf and Cassel.

The most frequented climatic air station in the Thuringian mountains, about 1,400 feet above the sea level. Situated in a broad and beautiful valley; the surrounding high mountains are covered with pine forests and woods. Even temperature; bracing and invigorating air. Water supply from mountain springs; new and perfect drainage. Only two English miles distant from Rheinhardsbrung, the castle of the Duke of Saxe-

Coburg-Gotha (Herzog von Edenburg). Number of visitors in 1899, 11,752, exclusive of tourists.

Baths: Pine, saline, medicated and artificial mineral.

Special indications: Neurasthenie, anæmia, scrofula, malaria, bronchial catarrh, early stage of phthisis, &c.; derangement of the digestive organs and convalescence after severe illness.

Doctors: Drs. Weidner, Kothe, Lots, Kompe, Goering,

Roswig, Bieling and Böhm.

Hotels: Herzog Ernst, Schauenburg, Kurhaus, Waldhaus, Schweizerhaus, Lange, Bellevue and Lanz.

Detailed prospectus sent on application to the "Bade-Comité," who will also be most happy to give any special information required.

Friedrichshall.-Germany, Thuringia, near Cobourg.

Bitter water, contains common salt, sulphate of soda and magnesia.

It is less irritating, and consequently less purgative, than the waters of Pullna and Seidlitz, which allows of its being taken for a greater length of time.

Only used for exportation.

Friedrich Wilhelmsbad. -Prussia, Island of Rügeu, near Puttbus, in the Baltic

A much frequented and very fashionable sea-bathing resort. Established 1816. There is a very magnificent park, and the place, being sheltered against northern winds by large beech forests, has a mild climate.

Season: June to September.

Frohnleiten.-Austria, Styria, one hour from Gratz.

Hydropathic establishment and climatic air station.

The establishment is open all the year. The surrounding country charming.

Doctor: Dr. Seeliger.

Füred, or Balaton-Füred.—Hungary, comitat of Szalad.

Earthy, alkaline and ferruginous water; baths in the lake of Balaton; mud baths; milk cure.

Season: May 15th to September 15th.

Special indications: Anæmia, chlorosis, debility.

This town is picturesquely situated, and affords valuable therapeutic aid.

Doctors: Drs. Mangold and Hurei.

Furnsund.—Sweden, three hours from Stockholm.

Sea baths.

Beautiful scenery and good bathing; much frequented by the residents of Stockholm.

Doctor: Dr. Enblad.

Gadara.-Syria, near Lake Tiberias (Tabarieh).

Hyperthermal sulphurous waters; mud baths. Much frequented by the Arabs. Primitive appliances.

Special indications: Herpes, rheumatism and elephantiasis.

Gainfahrn.—Austria, one hour's rail from Vienna, and close to Vöslau.

Hydropathic establishment. Much frequented.

Doctor: Dr. Friedmann.

Gais.—Switzerland, Canton of Appenzell; 3,000 feet above sea level. Population, 2,500.

Bicarbonate of iron, and carbonate of lime waters; climatic

and whey cure station.

Doctors: Drs. Küng, Kürsteiner and Zürcher.

Galleraje.-Italy, Tuscany, valley of Cecina.

One thermal sulphurons spring, 115° F.; two bicarbonate and ferruginons springs, 45° F.

Season: May and June, September and October.

Good establishment and accommodation.

Gardone-Riviera .- Italy, on Lake Garda.

Winter and summer health resort. Mean winter temperature about 40° F.

Hotel: Grand Gardone-Riviera.

Garmisch.—Germany, Upper Bavaria, near Partenkirchen; 2,100 feet above the sea level.

Climatic air station, whey cure.

Doctor: Dr. Henkel.

Gastein, or Wildbad-Gastein and Hof-Gastein.—Austria, Duchy of Salzburg; 3,000 feet above sea level. From London viá Basle, Zurich, Sargans, Buchs, Innsbruck to Lend-Gastein in 35 hours, thence by diligence to Gastein 21\frac{1}{2} miles in 4 hours.

Season: May 1st to September 30th.

Indifferent waters. Eighteen springs, of which nine only are

utilised; temperature ranges from 75° to 170° F.

Although these waters are not more highly mineralised than ordinary water, they are useful in relieving nervous affections, gout and rheumatism. They are supposed to contain electricity, and certainly have some physiological action hitherto unaccounted for.

Special indications: Hypochondria, neuralgia, hysteria,

impotency, locomotor ataxy and gout.

The price of lodgings is fixed by the authorities.

Doctors: Drs. Gonzer, Schider (speaks English) and Wassing. Hotels: Straubinger, Schloss.

Station, Lend: excellent arrangement.

Gausdal.—Norway, between Gudbransdal and Valders. Air station, 2,575 feet above the sea level.

Alpine climate. Fine situation among spruce, fir and pine

woods.

Special indications: Nervous disorders; convalescents and consumptive patients are not received.

Doctor : Dr. Stabell.

Gehringswalde.-Germany, Saxony, near Wolkenstein.

Earthy alkaline waters, 75° F.

Only used in baths. The establishment contains all modern appliances, and affords comfortable accommodation to visitors.

Geisslingen.-Germany, Würtemberg, between Stuttgart and Ulm.

Indifferent waters.

A small establishment.

Doctors: Drs. Knauss and Zwissler.

Geltschberg.-Austria, Bohemia, near Leitmeritz.

Hydropathic establishment. Climatic air station.

Doctor : Dr. Watzka.

Gempelenbad .- Switzerland, Canton of St. Gall; 1,680 feet above the sea level.

Earthy waters.

Used only by the surrounding peasantry.

Geneva.-Switzerland, on the Lake of Geneva. From London vid Calais, Boulogne, Paris and Macon, 20 hours.

Transition station. Bathers from Aix-les-Bains come here

to take a few days' rest after their cure.

Milk cure.

British Consuls: Sir G. Phillippo, V.C., L. Stein, Esq.

Bankers and Exchange Bureau: T. Cook & Son, 90, Rue du Rhone.

Doctor: Dr. A. E. Cordes (English).

Hotels: de Genève, Richmond, de la Paix, Poste, Beankwage, &c.

Genoa.—Italy, on the Bay of Genoa, in Liguria. From London by Calais, Paris and Turin in 303 hours.

Genoa, called "La Superba," or the "Proud," is situated in

the middle of the Riviera. It is a city of great antiquity, and is seen to the best advantage when entering the harbour by boat. The hills are covered with villas. A very fine harbour, protected by two moles.

A convenient resting place for travellers to South of Italy

and to the Italian Riviera.

EXCURSIONS: Villas Doria and Pallavicini, at Pegli; Nervi and Sestriponente.

Post and Telegraph Office: Piazza Fontana Morose.

British Consul: W. Keene, Esq. Vice-Consul: R. Macbean, Esq.

Doctors: Drs. Breiting, 33, Via Mamelli; J. R. Spensley (English), Albergo dell' Union.

Chemist: Moscatelli, International Pharmacy.

Bankers: Thomas Cook & Son, 17, Piazza della Meridiana, Via Cairoli.

Forwarding Agents : Johnson & Sons, 10 & 15, Via San Lorenzo.

Hotels: The Grand Hôtel de Gênes, Isotta, Londres, de la Ville and Hotel Smith.

Georgenbad .- Germany, Saxony, near the Bohemian frontier.

Sulphurous acidulated waters.

The bathing establishment has been much neglected.

Gerace.—Italy, province of Reggio di Calabria. Rail from Naples to Reggio, stop at Gerace, thence to the baths by omnibus or carriage, one hour.

Effervescent saline, ferruginous and sulphurous waters, containing arsenic; the air is pure and healthy.

Season: May-September.

Special indications: Inflammation of the respiratory and digestive organs, herpes, skin diseases; chronic, articular and muscular rheumatism; glandular obstructions, radical cure of suphilis.

The establishment is not such as the efficacy of the waters and the large number of visitors require.

The hotels are good and comfortable; villas and private houses may also be had for the season or by the month.

Gerardmer.—France, Department of Vosges; 2,375 feet above sea level. Seven hours from Paris.

Hydropathic establishment, open from May 1st to October 1st, with complete system for applying hydropathic treatment.

Good baths. Milk and whey cures.

The establishment, founded in 1860, was replaced in 1875 by a new institution, comfortably fitted. This has in its turn given place to the new establishment opened in 1892, where all the latest improvements will be found, with every arrangement for pine baths and general hydropathy. The air of Gerardmer is rich in ozone. Situated in a lovely part of the Vosges. Family board and residence at the doctor's house, and both boarders and outside patients are received at the establishment. First-class hotels.

Post, Telegraph and Telephone Office.

Doctors: Drs. Greuell, Grosjean and Guiminot.

Gersau.—Switzerland, on the Lake of Lucerne; 1,400 feet above sea level; 2,000 inhabitants. For routes see Lucerne; thence by boat in 1½ hours.

A climatic station, and also for the whey and grape cure.

Shower and warm baths. Bathing establishment on the lake.

Season: Spring, summer and autumn, open 1st March to 1st November.

Gersau is a quiet but charming village, situated on the southern slopes of the Righi. Its position is extremely picturesque and well sheltered. The climate is similar to Vevey and Montreux, but milder and less variable. The fact that fig trees, almonds and laurels grow well out of doors through the winter, shews how genial the climate is. Gersau is much visited by patients going to and from the Riviera and Italy. During the summer months it is more a centre for excursions, which may be taken in endless variety, and the mere enumeration of which would occupy too much space. A large park is open to visitors. Near Gersau are the following health resorts, reached by steamboat or carriage:—Brunnen, Seelisberg, Morschach, Axenstein, Axenfels, Beckenreid, Fluelen, Burgenstock, and Alpnachstad.

Post, Telephone and Telegraph Office.

English Church.

Doctor : Dr. Camenzind.

Hotels: The Hotel Müller (see advt. at end), and others.

Gerolstein.-Germany, Rhenish Prussia, in the Eifel, near Trèves.

The waters used largely under this name in England as table waters, and exported by an English Company, are in reality those of Birresborn.

Doctors: Drs. Schmitt and Walbaum.

Gibraltar.—Spain, belonging to England; a large British garrison with resident officers and their families. From London by sea in about four days by P. & O. or Orient Line; or by overland route in 31 days by Calais, Madrid, Cordova, Bobadilla to Algeciras.

A winter station, used chiefly by travellers returning from

the East.

The residential part of Gibraltar is situated on the western aspect of the Rock, from sea level to an altitude of about 250 feet.

Season: November to April.

Climate: The winter climate is mild and sunny, its chief disadvantage being the dry cold east winds, which are somewhat prevalent; otherwise the insular position of the Rock renders its atmosphere rather humid.

Doctors: Drs. Abimes, Baca, Kerz, Oman, Patron, Turner,

Triay, Wheeler.

Hotels: Hotel Royal, Europa, Grand.

Giengen.—Germany, Wurtemberg, near Heidenheim; 1,450 feet above sea level.

Earthy waters, of the same class as "Wild baths."

Very good establishment; largely frequented.

Doctors: Drs. Crone and Fnos.

Giesbach .- Switzerland, Oberland.

Climatic health resort. Hydropathic establishment.

A favourite centre for tourists.

Doctor: Dr. Wagner.

Near here are Axalp, Brienz, Lauterbrunnen, Murren, Wengen, Grindelwald, Meiringen, and others.

Giesshubl-Sauerbrunn.—Austria, Bohemia, near Carlsbad; 1,100 feet above sea level.

Pure alkaline waters.

The water is chiefly exported. There is a whey cure and hydropathic establishment.

 $Special\ indications:\ {\bf Feeble\ digestion\ and\ nervous\ stomachic\ disorders, affections of\ theurinary\ organs, albnminuria, diabetes.}$

A very elegant and comfortable Kurhaus.

Much favoured as a place of excursion from Carlsbad, 9 miles distant: to be reached by carriage in 1 hour.

Doctor: Dr. Gastl.

Gimel.—Switzerland, Canton Vaud. Climatic air station; 2,500 feet above sea level.

Doctor: Dr. Chansson.

Gleichenberg.—Austria, Styria, near Graz. One hour by carriage from Feldbach station on the West Austrian Railway, and three hours from Spielfeld on the South Austrian line.

Alkaline, muriatic and iron waters, four springs. Grape cure in antumn. Climatic air station in spring and autumn. Pine needle and natural brine spray inhalations. Pnenmatic chamber, with room for nine persons. Large respiration apparatus. Sparkling carbonic baths, chalybeate, pine needle and sweet water baths.

Season: May to October.

Special indications: Nasal catarrh, chronic inflammation of pharynx and larynx, chronic bronchial catarrhs, emphysema, asthma, chronic catarrh, incipient phthisis, affections of the intestines, congestion of liver and spleen, vesical catarrh, amenorrhœa, sterility, chlorosis, scrofula, anæmia, gout and chronic rheumatism.

Gleichenberg is situated in a park-like valley, offering great diversity of scenery and vegetation. The accommodation is of the best, and the climate is mild and equable. Gleichenberg is consequently a convenient intermediate halting-place for invalids passing from a southern to a northern climate.

Post and telegraph. Excursions of the most varied nature. Concerts twice daily, theatre, casino, reading rooms, tombolas, &c.

Doctors: Drs. C. Clar, A. Závori, P. Königsberg, W. Rauch, D. Kaufer, St. Bulikowski, F. Fischer, M. J. Kentzler, E. Ziffer, M. Szigeti, O. Kötschy.

Rooms, mineral waters and carriages should be ordered from the management of the baths. Gleichenberg.

Gleisslibergerbad.—Austria, Tyrol, near Botzen.

Cold sulphurous waters.

A small bathing establishment.

Gleissweiler.—Germany, Palatinate, near Landau; 1,000 feet above sea level.

Hydro-therapeutic establishment; koumiss, whey and grape cures

Doctor : Dr. Schneider.

Hotel: The Establishment.

Glengariff.-Ireland, Cork, near Bantry.

Sea baths; climate bracing but mild; lovely scenery, but the rainfall is heavy. Much crowded in summer, and used by some visitors as a winter resort.

Glenn-Sulphur-Springs.-U.S. America, North Carolina, near Columbia.

Sulphate of magnesia springs.

Much frequented.

Glion.—Switzerland, Cauton Vaud; 2,300 feet above sea level, and 1,000 feet above Montreux; reached from thence in 9 minutes by the Funicular Railway.

Climatic health resort; air bracing; much frequented in the summer by visitors from Montreux and other places on the borders of the Lake of Geneva.

Season: Spring and autumn.

An English church has recently been built.

Hotels: Victoria, Righi-Vandois, de Glion, Belle Vue.

Glücksburg.—Germany, Schleswig, on the Bay of Flensburg. Sea baths.

The situation is fine, and there are large beech and oak forests in the surroundings.

Doctor : Dr. Schmid.

Gmunden.-Austria, Upper Austria; 1,300 feet above sea level.

Saline waters, 25 per cent., 2 per cent. more than at Reichenhall. Climatic station, on the Trounsee.

Season: June to 1st October.

The Curhaus provides saline, brine, warm, pine-cone and steam baths, and the arrangements are very efficient. The casino contains concert, card, reading and ball rooms, and is elegantly fitted up.

The scenery around is very picturesque.

Doctors: Drs. Wolfsgruber and Krakowitzer. Hotels: Belle Vue, Austria.

Goczalkowitz.-Germany, Silesia, near Pless. Very strong, bromo-iodurated saline waters, containing iron,

50° F. There is a very good establishment, principally for sitz baths.

Doctors: Drs. Babel and Kratzert.

Godelheim.-Germany, Westphalia, district of Höxter.

Cold bicarbonate and ferruginous waters. A good establishment, but little known.

Godesberg.-Germany, Rhenish Prussia, near Bonn.

Alkaline-saline ferruginous waters. Climatic summer station of great repute, and much frequented. Hydrotherapeutic treatment.

A charming little town in a very picturesque country, near the seven mountains chain; half-hour from Bonn. Combines town with country comforts.

Doctors: Drs. Pohl, Brockhaus and Bernard.

Hotels: Blinzler, Alder, and Riebes.

Goldberg.-Germany, Grand Duchy of Mecklenburg-Schwerin, near Güstrow.

Chalybeate waters.

An efficient bathing establishment, containing sitz, douche, spray and steam baths.

Gonten.—Switzerland, Canton of Appenzell; 2,750 feet above sea level.

Earthy ferruginous waters.

The establishments are thoroughly efficient, and afford comfortable accommodation.

Doctor : Dr. Sutter.

Near Gonten are the following, all having iron springs: Jakobsbad, Waldstall and Heinrichsbad.

Also Schwelbrun, whey cure, and many other smaller health resorts.

Göppingen.-Germany, Würtemberg, between Stuttgart and Ulm. Alkaline magnesia waters. Exported.

A well-arranged establishment. Charmingly situated.

Doctors: Drs. Engelhorn and Landerer.

Görbersdorf.—Germany, Silesia, circuit of Breslau; rail to Dittersbach. 1,700 feet above sea level.

Mountain air cure station.

Special indications: Phthisis, affections of the respiratory organs, anæmia, chlorosis, nervous asthma and emphysema.

Doctors: Drs. Römpler, Weicker and Brehmer.

The Kurhaus is under the direction of Dr. Acktermann.

Gorz or Goritz.-Austria, Illyria.

A climatic winter station. Grape cure.

Very pure air.

Season: Antumn and early spring.

Special indications: Scrofula, rachitis, chronic catarrh,

with emphysema, phthisis, nervous complaints.

Mean winter temperature, 52° F.; windless days, 71 in winter season; rainy days, 81; cloudless days, 53; mean rainfall, 841 $^{\rm m}/_{\rm m}$. The climate must therefore be considered as a humid one.

Doctor : Dr. Arone.

Hotels: The Grand, de la Poste.

Gossweinstein.-Germany, Bavaria, near Muggendorf.

Climatic air station.

The situation is charming, overlooking the entire panorama of Franconian Switzerland. The accommodation is as yet scanty, but very good and moderate in price.

Doctor : Dr. Weiss.

Gourock.—Scotland, Renfrewshire, on the Clyde. Sea baths, with good beach and healthy climate.

Grabalos. - Spain, province of Logroño, near Castejon.

Sulphate of lime waters.

The establishment is modern and complete. The accommodation is good, and the environs are very picturesque. Good hunting and fishing.

Graena.—Spain, province of Granada, near Guadix; 2,900 feet above sea level.

Thermal ferruginous and sulphurous waters, 100° to 105° F. Special indications: Rheumatism, paralysis, gont, hemiplegia and paraplegia, nervous affections, chorea, chlorosis, anæmia, amenorrhæa and dysmenorrhæa.

Superior bathing appliances and accommodation.

Doctor: Dr. Estrada.

Grafenberg.-Austria, Silesia.

Indifferent waters. Hydropathic establishment of great celebrity.

Doctors: Drs. Angel and Schindler.

Hotel: Crown Prince.

Gran .- Austria Hungary, comitat of Gran.

Sulphate of magnesia or bitter waters. Mineralisation 108 gr., of which 104 are sulphate of magnesia.

One of the strongest bitter waters known. The action is rapid and very marked, even in small doses.

Grange-over-Sands.-England, Lancashire, Morecambe Bay.

Sea baths, but the beach contains quicksands, and therefore bathing is not safe.

Season: March to October.

Hotel: Grange.

Granichenbad.—Switzerland, Canton of Argovia.

Earthy waters.

A good bathing establishment, in Swiss chalet style, with ample appliances.

Granville.-France, Department of La Manche. Pop. 15,000.

Much-frequented sea baths, with good beach.

A picturesquely-situated old fortified town, opposite Guernsey and Jersey. There are some shipyards, a fine Casino, old Cathedral, Citadel and Pier. The tide rises very high, and the population are engaged mostly in fishing.

Doctor: Dr. Le Tourneur. Post and Telegraph Office.

Hotels: Grand and du Nord.

Grasnawawoda.—Austria-Hungary, comitat of Neutra, one hour from lastrabje.

Ferruginous effervescing waters. Only used internally.

Grasse.—France, Department of Alpes Maritimes, three-quarters of an hour's rail from Cannes; 1,230 feet above sea level; 11,000 inhabitants.

Winter station. Dry and sedative climate.

Situated some miles inland. Grasse is a most picturesque little town. Its chief industry is the manufacture of perfumes, the flowers from which they are extracted being cultivated over miles of the surrounding hill slopes. It is well protected from the cold winds, and is found to agree with many invalids, especially those of a nervous temperment, to whom the coast towns of the Riviera are unsuitable.

Season: October-June.

Special indications: Chest and lung complaints, nervous affections, anæmia, chlorosis, insomnia.

English Church service is held in winter in the Grand Hôtel.

Doctors: Drs. Bossnet, Langier, Olivier and Philip.

Hotels: The Grand Hôtel de Grasse, de la Poste, Victoria.

Gravenstein.-Germany, Schleswig, near Flensburg.

Sea baths.

The is a bathing establishment, which is good. Accommodation in the castle, with a magnificent park.

Doctors: Drs. Becker, Nielsen and Reuter.

Gravesend .- England, Kent, on the mouth of the Thames.

Sea baths; good beach. Healthy air.

Season: June to September.

Great Yarmouth.-England, Norfolk.

Sea baths; fine sandy beach.

Hot and cold baths on the parade. Climate bracing and exciting.

Hotels: Queen's and Royal.

Grefsen.-Norway, near Christiania.

Hydropathic establishment, established 1858; the only one in Norway. Good baths.

Doctor : Dr. Sonthrum.

Greifenberg.—Germany, Bavaria, 4 hours from Landsberg, and 2,000 feet above sea level.

Chalybeate waters; mud baths; also a climatic station.

Special indications: Feeble digestion, anæmia, disorders of the urinary system.

The environs are very interesting, possessing numerous ruins of Roman buildings. The site is charming. The Ammersce is close by.

Doctor: Dr. Niedermaier.

Greifswald.-Germany, Pomerania.

Strongly saline and bromine waters.

Establishments and accommodation good.

Doctors: Drs. Arndt and Beumer.

Gréoulx.—France, Department of Lower Alps, near Digne; nearest stations, Mirabeau cr Kanosque.

Thermal bromo-iodurated and sulphate of lime waters, 75° to 100° F. The various springs remain much as they were in the time of the Romans.

Special indications: Scrofnlous affections, and general constitutional weaknesses, atonic sores, blenorrhea.

In proper hands, Gréoulx would soon become a first-class bathing and climatic station.

Doctor : Dr. Jonbert.

Griesbach.—Germany, Grand Duchy of Baden, in the valley of the Rench, on the road from Strasbourg to Stuttgard (see map at end); station, Oppenau.

Two chalybeate springs, one of 60° F. Mineralisation, 3 gr.

A much-frequented station, providing also the milk cure.

Doctors: Drs. Haberer and Frech.

Hotel: Kurhaus.

Griesbad.-Germany, Bavaria, near Ulm.

Earthy ferruginous waters.

A good establishment.

Grindelwald.—Switzerland, Bernese Oberland; 3,460 feet above sea level; 3 hours from Interlaken.

A very important climatic mountain station, especially suitable in cases of anæmia, hydræmia, chlorosis and rachitis.

Goats', cows' and asses' milk. Baths of every description. The scenery all around is unsurpassed, and walks and excursions of great variety abound. Latterly a mineral spring has been discovered, but has not yet been analysed.

Doctors: Drs. Scheidegger and Huber.

Hotels: The Bear, &c.

Grosskarben .- Germany, Upper Hesse, on the Nidda.

Earthy saline waters, very effervescent.

A good establishment, with abundant accommodation, reasonable in price.

Gross-Schlagendorf.—Austria-Hungary, comitat of Zips; 3,025 feet above sea level.

Alkali saline waters.

A very efficient establishment, with comfortable and cheap accommodation.

Grosswardein.—Austria-Hungary, near Hájos; station, Csakathurn. Sulphate of lime waters, 90° to 110° F.

Sulphurous indications in general; a much frequented station.

Special indications: Rheumatism and old wounds.

Two very elegant establishments, with concert, ball, reading, billiard and smoking rooms.

Grund.-Germany, Hanover, near Clausthal, in the Harz.

Pine-cone, steam baths, and inhalations.

In the midst of the magnificent pine forests of the Harz. Special indications: Convalescence after severe illnesses of all kinds, affections of the respiratory organs.

Doctor : Dr. Mever.

Hotel: Town Hall Hotel.

Grundhofen.-Germany, Saxe-Weimar, near Salzungen.

Effervescent ferruginous waters.

In a charming valley. Its elegant and comfortable establishment attracts many visitors.

Gryon.—Switzerland, Valley of the Rhone, near Bex. Climatic air station, 3,600 feet high.

Guagno.-France, Island of Corsica.

Two sulphate of soda springs, 95° to 125° F.

A thermal military establishment.

Special indications: Rheumatism in its chronic forms.

1

Guernsey .- Vid Southampton; eight hours by steamer, leaving every

night (Saturdays excepted).

The group of islands known as the Channel Islands, consisting of Guernsey, Jersey, Alderney and Sark, lies in a large bay formed by the western coast of Normandy and the northern coast of Brittany. In Guernsey the principal town is St. Peter-Port, situated on the east side, and is much frequented by visitors; the climate, exceptionally fine and healthy; there are no extremes of heat or cold, with a large proportion of Sunshiues about 2,000 hours annually, mean temperature February, the coldest month, 43°; July, hottest month, 60°; moderate rain-fall; quite free from dust. Good supply of excellent water. It is especially beneficial to patients suffering from consumption or any chest affection, children and old people. Numerous excursions can be made round the island, and fine views obtained.

Doctors: Drs. Aikman, Corbin, Wallace, &c.

Hotels: Old Government House, Gardner's Royal Hotel.

Guèthary.—France, Basses Pyrénées; station on the P. L. M. Railway. Situated on the Bay of Biscay, midway between Biarritz and St. Jean de Luz.

Sea baths, climate bracing.

Season: From July to October.

English Church, open during the summer.

Doctor: Dr. Harispe.

Hotels: Hôtel Juzan mear the station; Hôtel Vergon, Hôtel de la Plage.

Guillon.-France, Department of Doubs, near Baume-les-Dames.

Cold saline springs, slightly mineralised; have a strong smell of sulphuretted hydrogen. This water frequently induces erysipelas.

Special indications: Rebellious neuralgias and syphilis.

The bathing establishment is well fitted up, and has ample accommodation.

Doctor: Dr. Fouineau.

Güimar. - See article on TENERIFFE.

Guitera.-Corsica.

Undetermined waters, 110° F.

Guitiriz.-Spain, near Lugo.

Sulphurous waters, 50° F.

Special indications: Herpes.

Gunthersbad.—Germany, Thuringia, near Erfurt.
Cold sulphate of soda and saline water.

Gurnigel.—Switzerland, Canton of Berne 3,700 feet above sea level. Sulphate of lime and ferruginous waters.

Climatic station.

Very pure air. The establishments are thoroughly well arranged, with all modern accommodation.

Doctor: Dr. Verdat.

Gustafsberg.-Sweden, near Uddevalla.

Was formerly a much frequented place, now a summer resort for residents of Gothenburg and Uddevalla. The water here is not so saline as in the other health resorts on the West Coast. Charming and picturesque situation.

Gutenbourg.-Switzerland.

A small health resort.

Doctor: Dr. Burkhalter.

Gyrenbad.—Switzerland, Canton of Zürich; 2,320 feet above sea level. Effervescent earthy waters.

An establishment with sitz, swimming and steam baths. The water is seldom used internally. Climate severe, but healthy.

Special indications: Very efficient in rheumatism and abdominal obstructions.

Gythium.-Greece, south coast of Laconia.

Cold sulphurous and alkaline waters.

Hall.—Germany, Würtemberg, near Stuttgart; 670 feet above sea level.

Cold saline waters.

Special indications: Scrofula.

Season: May 1st to October 1st.

A much frequented station.

Doctors: Drs. Dürr, Breit and Pfeilsticker.

Hotels: Bath, Lamb.

Halle.—Germany, Prussian province of Saxony, district of Merseburg. Cold saline waters.

There is a very good establishment here, and the University is one of the best in Germany.

Doctors: Drs. Fischer and A. A. F. Rasch (English).

Hotel: Stadt Hamburg.

Hambach.-Germany, Rhenish Prussia, 10 hours from Trèves.

Alkaline ferruginous waters.

These springs are also called the Birkenfeld water. Much frequented in the 18th century. Establishment destroyed in 1792, but rebuilt in 1845. Visitors have increased in number every year since then.

Hammam-Melouan.—Algiers, near Rovigo, about 20 miles from the capital.

Saline waters, 103° F., strongly mineralised, 26gr. of chloride of sodium.

Special indications: Very efficient in rheumatism and abdominal obstructions.

Hammam-Meskutin.—Algiers, province of Constantine, 12 miles west

Hyperthermal waters, 203° F., saline, sulphate of lime and

arsenical springs.

Military bathing establishment.

Special indications: Paralysis, paludal cachexia, herpes, syphilis, old wounds.

Hammam R' Irha.—Algiers. From Marsci'les to Algiers. Railway from Algiers to Bou-Medfa, 4 hours; theuce to Hammam R' Irha by carriage, 8 miles. Altitude 2,000ft.

One thermal sulphate of lime spring, 133° F., and one bicar-

bonate of iron, 45° F.

Season: Spring and autumn months.

Special indications: Articular pains and stiffness, muscular retractions, anchylosis, rheumatism and anæmia.

It has a military hospital.

Doctor :

Hotels: Grand Hotel des Bains.

Hanau.-Germany, Hesse-Nassau, near Fraukfort-on-the-Main.

Alkali-saline and ferruginous waters.

The establishment is tastefully built, and contains sitz, douche and steam baths. It is surrounded by a large park.

Hango.-Russia, Finland, near Hangostad.

Sea baths.

Exceedingly charming situation, surrounded by coniferous woods. Excellent hot and cold baths, fitted with the best and most modern arrangements.

The most frequented health resort in Finland.

Doctor: Dr. Homéa.

Hanko.-Norway, on the Christiania Fjord.

Sea baths.

Charming and picturesque situation, on an island richly clad with woods, and in a sheltered position. Good arrangements and system of baths.

A less trying climate than in the other health resorts of

the West Coast, and much in favour for convalescents.

Doctor: Dr. Barth.

Hanover.—Germany, former capital of kingdom of same name. Since 1866 annexed to Prussia, and now capital of the Province of Hanover. From Paris, viā Erquelines, Venlo, and Lehrte, or viā Cologne, 15½ hours. 87 frs. 50 c. 1st class.

Beautifully situated on the banks of the river Leine, an

affluent of the Weser.

Very much visited by English and American families, both for the beauty of the town and its environs, as also because the German language is spoken here with greater purity than in any other part of Germany. EXCURSIONS: To Herrenhausen, Galleries, Orangeries, Berggarten, Museum of Antiquities, Mausoleum, Eilenrode and Zoological Gardens, and numerous others.

Cabs: One or two persons, by the course, 60 pfgs., in the environs of the

town, 72 pfgs.; by hour, 1 m., 20 pfgs.

Doctors: Drs. Becker. Dyes, Cumme and Eysell. Hotels: Royal, de Russie, Kastens, Grand, Bristol.

Hapsal. –Russia, Esthonia, on the coast of the Baltic Sea. Sea and mud baths, with temperature of about 60° F. Celebrated for its mud baths.

Harkanyi.-Hungary, comitat of Baranya, near Siklós.

Alkaline sulphurous waters, 143° F.

A small establishment.

Season: May-October.

Special indications: Gout, rheumatism, feeble circulation, hæmorrhoids, lymphatism, scrofula, affections of the female

organs, mercurial dyscrasia, atonic sores.

The vegetation is very luxuriant, and the site picturesque. The near neighbourhood of Siklós and Fünfkirchen, with all the advantages offered by their size,&c.,the mild climate and elegant bathing establishments, make Harkanyi a very favourite Hungarian bathing station. The environs are full of most interesting antiquities. Accommodation is abundant and good, and prices moderate.

Doctor : Dr. Heller.

Harrodsburg.-U. S. America, Kentucky.
A much-frequented thermal watering-place.

Harrogate.-Yorkshire, England.

From King's Cross in 4½ hours; 203 miles. Leeds 17

miles; York 20.

Cold Springs: There are about 80 known springs in the district, of which 15 are used for drinking. Some contain sulphuretted hydrogen, others are chalybeate, both groups comprising springs of different degrees of salinity. The "Old Sulphur Spring" contains 131 grs. of salts in each pint, of which 124 grs. are chlorides, 4½ grs. carbonates, and 0.816 grs. sulphur. The "Kissengen Saline" contains 109 grs. in each pint, 84 grs. being chloride of sodium, 21 grs. potassium, magnesium and calcium chloride, and 1.2 gr. ferrous carbonate.

Season: May to October, but open all the year.

Climate: Bracing and fairly dry. Mean rainfall 33 in.

Special indications: Anæmia, chlorosis, skin diseases, gout, rnenmatism, disorders of the liver and stomach.

Harrogate is a large and fashionable health resort, of some 16,000 inhabitants. It is situated on a high tableland on the Yorkshire Moors, ranging from 300 to 500 feet above sea level.

There is a High Town and a Low Town, the two being united by a large common of 200 acres, called "The Stray." The town is well supplied with soft water, and has an excellent system of drainage. Average mortality for seven years 13 8.

There is a pump room and a large bathing establishment. Excellent hotel accommodation may be had, and there are

several good hydropathic establishments.

A sumptuous suite of new baths has recently been added to the resources of Harrogate, with complete provision for douches and other hydrotherapeutic applications.

Amusements: Music is liberally provided, and the usual

outdoor pursuits may be indulged in. Golf links, &c.

Hotels: Majestic, Queen's, Prince of Wales, Prospect.

Harsfalva.—Austria-Hungary, comitat of Bereg; rail to Munkácz.
Chalybeate waters; hydropathic establishment and climatic

station.

The establishments and accommodation are up to all modern requirements. The environs are very charming. Large forests, with fishing and hunting.

Hartlepool.—England, Durham. Sea baths.

Harwich and Dovercourt.—Eugland, Essex, on the North Sea.

Sea baths; sandy beach. Chalybeate spring at Dovercourt, with a good bathing establishment.

Climate mild and healthy.

Season: June to September.

Special indications: General debility, anæmia, scrofula.

Hotel: The Pier.

Harzburg, or Bad Hartzburg.—Germany, Duchy of Brunswick, the forest of the Harz; altitude, 850 feet.

Saline waters, mineralisation 6 grammes of chloride of sodium.

Whey cure, pine-cone sap baths, climatic station in summer.

Very charming locality, surrounded by pine forests.

Doctors: Drs. Dreyer and Plathner.

Hotels: Kurhaus, Juliushall, Löhr, London, Belvidere.

Hastings and St. Leonards.—England, Sussex. By Loudon, Brighton and South Coast or by South-Eastern in 2; hours.

Sea baths and winter station.

Season: September to March and sea bathing in summer.

Special indications: Convalescence and pulmonary complaints. Hastings and St. Leonards form practically one town. Their popularity is mainly due to a healthful and sunny climate, breezy hills, and pleasant promenades. Together they can boast one of the finest sea-fronts in England, a clear run of some three miles. The beach is good, and bathing can be had either in the open or in the excellent sea baths which have been built, and which in cold weather are artificially heated. The country inland is very delightful and full of places of interest. There is a good park and pleasure ground.

Amusements: There are two piers, with the usual provision of music, &c. Excellent companies visit the theatre and opera house. There are good sailing boats and pleasure steamers, and a weekly service to the Contineut. Brakes and coaches run daily in the season to the various places of interest in the neighbourhood. For those who wish to be more active there are tennis, cricket, and golf, and good roads for cycling. A regatta is held in the summer.

Hotels: There are several good hotels and a hydropathic establishment.

Hauterive. - See Vicux.

Havre.—France, Department of Seine Inférieure, at the mouth of the Seine, 142 m. from Paris, and 105 sea miles from Southampton. Steamers of the L. & S. W. Railway (London, Waterloo Station) ply three times a week between Southampton and Le Hâvre, 6½ hours; 28 fcs. 75 c. 1st class. Steamboats continuously ply between Le Hâvre, Honfleur, Trouville and Deauville.

Sea baths. The beach being stony, bathers require shoes.

Season: 1st June to 1st October.

A very thriving commercial town, containing two theatres, chamber of commerce, several interesting churches, exchange, town hall, aquarium, port and docks. After Marseilles, it is the largest scaport in France.

British Church: Rue Mexico.

Post and Telegraph Office: Boulev. de Strasbourg.

English Consul-General: E. C. Hertslet, Esq.

Vice-Consul: J. S. Rowell, Esq.

Doctors: Drs. Reumaux, Le'Gad, &c., &c.

Hotels: Frascati, Continental, Normandie Tortoni, Manor House, Bordeaux.

Hayling Island.—England, Hants, on the South coast, near Portsmouth.

Sea baths, fine sandy beach. Climate mild and bracing.

Special indications: Convalescence.

Hotel: The Royal.

Heathcot.—Scotland, near Aberdeen.
Hydropathic establishment, The Deeside.

Hechingen.—Germany, Hohenzollern, between Würtemburg and Baden, near Siegmaringen; 1,570 feet above sea level.

Sulphurous calci-iodurated waters.

Special indications: Skin diseases.

The bathing establishment is situated in a park, and is thoroughly well fitted up.

Doctors: Drs. Stauss, Jetter and Pfeister.

Heidelberg.—Germany, Duchy of Baden. From London, viá Ostend, Calais or Flushing to Cologue and Mayence in 20 hours.

Climatic station.

Most pleasantly situated on the banks of the Neckar, and in what is certainly one of the most beautiful localities in Germany. It owes its celebrity chiefly to its university, which, after that of Prague, is the oldest in Germany.

The castle of Heidelberg was formerly the residence of the Electors, but is now in ruins; in its cellars is the celebrated "Heidelberger Fass." The whey cure station, Church of Holy Ghost of St. Peter, the university, with an archæological institute, zoological and botanical gardens, zoological museum and mineral collection, are close by.

Excursions to the Königsstuhl, Wolfsbrunnen, Schwetzingen, and

Philosophen weg.

Dentist: Dr. Middelkamp, Grabengasse 14.

Booksellers: Bangel & Schmidt, E. Mohrs Sortment

Doctors: Drs. Erb, Czerny, Arnold, Dambacher, &c.

Hotels: Prince Carl Schloss, Adler, Grand, Europe, Victoria, Schreider, Bellevue, &c.

Heiden.—Switzerland, Canton of Appenzell, 1 hour from Rorschach, on the Lake of Constance.

Ferruginous and sulphurous waters; but chiefly known as a climatic station for summer.

The climate is mild and healthy in winter.

Doctor: Dr. Lench.

Heilbrunn.—Germany, Bavaria, near Munich; 2,620 feetabove sealevel.
The Adelaide spring supplies cold iodo-bromurated water.
Special indications: Scrofula, chlorosis.

Special inarcations: Scrofula, chloro

Doctors: Drs. Grundler and May.

Heiligenhafen.—Germany, Holstein, opposite the island of Fehmarn. Sea baths; sandy beach.

Doctors: Drs. Marxsen, Neidhardt and Sähn.

Heinrichsbad.—Switzerland, Canton of Appenzell, near St. Gall, and Herisan; 2,410 feet above sea level.

Cold ferruginous bicarbonate waters.

Goats' milk cure.

Elegant Curhaus, with all modern requirements.

Doctors: Drs. Tobler and Fisch.

Helensburgh.—Scotland, on the Clyde, eight miles from Dumbarton, near Loch Lomond.

Sea baths, sandy beach; no machines.

Shandon, where there is a large hydropathic establishment, is near here.

Heligoland.—Island of, at the mouth of the Elbe, formerly belonging to England, but now ceded to Germany.

Sea bathing-place.

Season: June 15th to September.

Bathing takes place chiefly at Sandy Island, and in very stormy weather this spot is difficult of access. On only rare occasions, however, has bathing been stopped for this cause.

Doctor: Emil Lindeman.

Hotels: London, Queen of England.

Helmstedt-Germany, Brunswick, near Magdeburg-

Saline ferruginous waters.

A bathing establishment for sitz, steam, shower and dust baths. The environs are covered with large forests.

Doctors: Drs. Hampe and Denecke.

Helouan-les-Bains.—Egypt, near Cairo, on the Nile; by train from Cairo 25-45 minutes.

Winter station. Saline, chalybeate and sulphurous springs.

Season, November to end of April.

Climate. Rain falls on about ten days in the year, and then only moderately. The average shade temperature in winter months is 55° F. The summer is warm and dry, with an evening fall in temperature of 14° to 18° F., and a constant

breeze from the north. Mean humidity 67%.

Special indications: As a climatic station, is eminently suitable for chronic catarrhal affections of the air passages and lungs; convalescence from pulmonary diseases; functional nervous affections, hysteria and hypochondriasis; kidney diseases and diabetes. The waters are useful in anæmia and chlorosis. The baths are prescribed in secondary and tertiary syphilis, chronic gouty and rheumatic affections and skin diseases.

Helouan has been known since the seventh century as a health resort. It has recently, however, been much developed, and has rapidly become a fashionable watering-place. Situated in the desert, about half-an-hour by train south of Cairo, it stands on a plateau of about six square miles superficial area, and at a height of 187 feet above the mean level of the Nile. The town is surrounded on all sides by desert. To the north-east rises the Mokattam range, a limestone formation attaining a height of 1,150 feet, and forming large plateaux. About two miles west of the town is the narrow Nile Valley. The reputation of Helouan is due, on the one hand, to its fortunate geographical position and climate, and on the other,

to its wonderful thermal springs and baths. The springs are

ten in number, but the following are chiefly in use :-

Four sulphur springs of a temperature of 90° F. and s.g. 10025, containing 50 parts of chlorides of sodium (32), magnesium (18) and calcium (1); eight of bicarbonate of lime, and two of sulphate of lime in 10,000 parts, together with 470 c.c. of sulphuretted hydrogen and 610 c.c. of carbonic acid gas.

Two chalybeate springs at 77° F, and s.g. 1 0445. These are used for drinking, and contain a large quantity of chlorides with a small proportion of sulphate of magnesia and iron.

One saline and alkaline, 77° F., s.g. 1 0067, also used for drinking, and contains chiefly chlorides and sulphates, with

carbonic acid gas.

The old bathing establishment consists of a large building fitted with private baths for the sulphur waters, hot or cold, one side being reserved for ladies. There are two large swimming baths. A portion of the establishment is reserved for the Khedivial family, but is open to inspection by visitors.

The new bathing establishment (opened 1899), designed in every medical detail by an English physician, contains sulphnr, air, steam, electric and needle baths, douches, inhalations and pulverisations, and is quite first-class in every respect.

European masseurs (male and female).

Anusements: Sportsmen will find plenty of good shooting; aquatic birds on the Nile banks, foxes, jackals, wolves, hyenas, gazelles and antelopes on the hills and surrounding country. There is an excellent golf course (18 holes) in the desert, with large club-house and Scotch professional. The Mokattam range, with its rocky heights and sandy valleys, allows of many interesting walks and excursions, and magnificent views may be had. The ruins of Memphis, the two chains of mountains which border the Nile Valley, the great river with its fertile banks and palm groves, with the Pyramids of Ghizeh and the minarets of Cairo in the distance, and the boundless desert which loses itself on the horizon, all combine to form a scene rarely equalled in beauty and interest.

Doctors: Drs. A. J. M. Bentley, J. W. Higginson, Page May

and Urbahn.

Hotels: Grand Hôtel Helouan. This splendid establishment stands not far from the station, and is constructed in the best European style, and fitted with every luxury and convenience. Now under the direction of the George Nungovich Hotels Co. (See advt. at end.)

Hotel des Bains, under same management. (See adrt. at end.)
There are other hotels and boarding-houses in Helouan, and
plenty of neat villas, comfortably furnished, are to be had for

the season at moderate rates.

Helsan.-Sweden, near Helsingborg.

Sea baths. Ferruginous water and bromo-iodurated waters. Close to the town is the Helsan curative establishment, with a weak ferruginous spring and the "Sophia Spring," which was bored in 1878, and the water of which is as rich as that of Kreuznach. In the town is an excellent hot and cold bathing establishment. Every convenience of large towns is afforded. Good hotel. Charming view over the Oresund.

Doctor: Dr. Hafstrom.

During the summer Dr. G. Zander keeps open here a medico-mechanical gymnastic institute for the treatment of curvature of the spine.

Helsingfors. - Russia, Finland, 5 hours from Reval.

Sea baths; sandy beach.

A luxurious bathing establishment, situated in a fine garden.

Henniez-les-Bains.—Switzerland, near Mondon; altitude, 1,600 feet.

Peroxide of iron and alumina springs, containing free carbonic acid gas. Mud baths.

Hydropathic establishment under the direction of Dr. Borel.

Herculesbad .- Hungary, near Orsova. See MEHADIA.

Heringsdorf.—Germany, Prnssia, on the island of Usedom, in the Baltic, 22 miles from Stettin; 150 feet above sea level.

Sea baths, excellent beach of very fine sand.

Season: June to September.

Much frequented; mild and steady atmosphere. A small village, surrounded by large beech forests, and charmingly situated.

Doctors: Drs. Buschem, Peters and Cohn.

Herlein.-Hungary, near Kaschau, also called Rank-Herlein.

The beauty of the site, rather than the cold chalybeate spring, attracts visitors.

An establishment recently rebuilt, together with the new hotels adjoining, offer every comfort, and are well kept.

Doctor: Dr. Thomas.

Hermsdorf.—Germany, Prussian province of Silesia, near Reibnitz. 1,100 feet above the sea level.

Climatic air station, whey cure, baths.

The situation is lovely, and there is a large field for excursions. Accommodation is good.

Doctors: Drs. Kollenberg and Mattersdorf.

Herne Bay .- On north coast of Kent, faces due north.

Sea baths, good beach. Climate mild. Pretty country inland. Season: July to September.

Very quiet and fine for invalids in June and October.

Three establishments for hot sea-water baths, and a large sea-water swimming bath.

Deep sea pier three-quarters mile long.

An increasingly popular holiday and health resort.

Good golf links within one mile of the town.

Hotels: Dolphin, Connaught and Pier. Several very good boarding-houses.

Herrenalb.-Germany, Württemberg, in the Black Forest; 1,010 feet above sea level.

Climatic summer station; hydropathy.

Doctors: Drs. Mermagen and Hummel.

Herrgottswald.-Switzerland, near Lucerne; 2,700 feet high. Climatic air station.

Milk cure and baths.

Hervideros de Fuen Santa (Los).-Spain, province of Ciudad-Real, near Pozuelo de Calatrava.

Ferruginous bicarbonate waters, 50° F., very rich in carbonic acid, which escapes from the soil in great quantities.

Season: June 10th to September 15th.

The number of visitors during the season is over 6,000.

Special indications: Rheumatism and herpes, old syphilis, hysteria, epilepsy, chorea, neuralgia, leucorrhœa.

The establishment is elegant and very clean, a quality not

always found in Spanish hotels.

One of the most frequented of Spanish baths. Excellent establishments. The accommodation is abundant and efficient. Doctor: Dr. Fernandez.

Heustrich-Bad.—Switzerland, in the Bernese Oberland; 2,050 feet above sea level.

Cold sulphate of sodium waters, rich in nitrogen. Establishment good.

Season: 1st June to 30th September.

Special indications: Catarrhs and nervous affections.

Doctor: Dr. Neukomm.

Hevitz.-Austria-Hungary, comitat of Zala.

Indifferent waters, 75° to 85° F.

The springs form a lake. The establishment is well arranged and surrounded by a park. The accommodation is ample and comfortable.

Doctor: Dr. Singer.

Hexham.-England, Northumberland.

Hydropathic establishment, The Tynedale.

Hevst.-Belgium, on the North Sea, near Ostend and Blankenbergh. A rising sea bathing place, in which every effort is made to amuse and accommodate visitors.

Hildegarde-Brunnen.-Hungary, near Ofen.

Sulphate of soda and magnesia waters, 16 grammes of mineralisation; purgative.

Hilversum.-Holland, near Amsterdam.

Artificial mineral waters.

The establishment is elegant, and is every year increasing in favour. Scrupulous cleanliness is the rule.

Hing-tchon.-China, north of Pekin.

Thermal waters not yet analysed.

Hinnewieder.-Germany, Silesia.

Bicarbonate ferruginous cold waters; a much-frequented establishment.

Hio.-Sweden, near the town of Hio.

Hydropathic establishment.

Much frequented and picturesquely situated.

Doctor: Dr. Afzelius.

Hofgeismar.—Germany, province of Hesse-Cassel, on the route from Nassau to Paderborn.

Cold alkali-saline chalybeate waters. A small but very good establishment.

Doctors: Drs. Lohmann and Plitt.

Hohenstadt .- Germany, Bavaria, near Passau.

Cold indifferent and slightly sulphurous waters; mineral muds.

A very good establishment, with every luxury and comfort.

Hohenstein.-Germany, Saxony, near Chemnitz.

Earthy ferruginous waters; whey cure and hydropathic establishment.

The Kurhaus is well arranged, and the accommodation abundant and good.

Holbeck.-England, Yorkshire, near Leeds.

Alkaline sulphurous waters.

Holkham.—England, Norfolk, near New Walsingham. Sea baths; satisfactory beach.

Holmekollen.-Norway, near Christiania.

Climatic air station

Summer and winter sanatorium, 296 metres (970 feet), surrounded by pine woods. Much frequented by tourists; exceedingly good accommodation.

Doctor: Dr. Holm.

Holmestrand.-Norway, 21 hours from Christiania.

Sea baths, hot and cold baths.

Less expensive than the larger northern health resorts.

Favourite summer resort.

Doctor: Dr. Graarud.

Holyhead.—Wales, Anglesea. Sea baths; good beach.

Holywell.-England, Lancashire, near Cartmel.

Muriatic ferruginous waters.

Special indications: Anæmia, obstructions, skin diseases.

Holywood.-Ireland, Downshire.

Sea baths; sandy beach and chalybeate waters at Bally-maghon and Cultra.

The air is very fine.

Holzhausen.-Germany, Prussia.

Cold sulphate of lime waters.

Special indications: Rheumatic neuralgias.

Homburg, Bad. - Germany, in the province of Hesse Nassau; about 10 miles north-west of Frankfort-on-the-Main. From London vid Ostend, Calais, or Flushing, Cologne, Mayence and Frankfort in 19 hours.

Seven springs of saline, ferruginous and carbonic acid waters.

The mineral matter consists principally of chloride of scdium, and is present to the amount of 6, 10, 13 and 19 grammes per cent.

(These waters can be obtained in London from Messrs. Ingram & Royle, 26, Upper Thames Street, E.C., and Messrs. W. Best & Sons, 22, Henrietta Street, Cavendish Square, W.)

Special indications: Dyspepsia, scrofula, anæmia, gont, nric acid diathesis, heart diseases and chronic rheumatism.

Season: 1st May to 1st October.

The thermal bathing establishment is comfortable and luxurious.

The mineral waters of Homburg have been famous for ages, and their curative properties in certain cases are indisputable. There are now seven springs—the Elisabeth, Kaiser, Ludwig, Louisen, Stahl, Soolsprudel, and Landgrafen Spring. The latter two were reopened in 1898 and 1899, and furnish a highly efficacious bathing water. Each spring has its own speciality as to mineral constituents, and it is advisable to consult a physician as to its choice. The Elisabeth. Kaieer and Ludwig springs act as resolvents, and improve digestion. The Louisen and Stahl springs act as tonics, and improve the blood. The principal constituents of the water are chloride of sodium and calcium, also magnesia and lithium in considerable quantities. The Stahl and Louisen contain less of chlorides, but an appreciable amount of iron, the Stahl even more of it than any other iron spring of

Germany. The Elisabeth spring is similar to the Rakoczy spring at Kissengen, but much richer in efficacious constituents, in the proportion of 10 to 6. Justus von Liebig says of it that "it would be difficult to find in Germany a mineral water which, in efficacious constituents, is equal to the Homburg Elisabeth spring." The Soolsprudel (brine fountain) contains 2.6 per cent. of chlorides, and an exceedingly high amount of carbonic acid; it is most efficacious, especially in heart diseases, and is used for baths by special prescription of the doctors. It is necessary to strictly attend to diet whilst taking the Homburg waters. The chief disease they are beneficial in is gout, for which they are, in common with the Baden-Baden waters, almost a specific. They are also invaluable in affections of the mucous membrane generally, in glandular enlargements, and in habitual constipation and congestion of the abdominal organs, especially the congestions arising from prolonged residence in tropical climates; it is almost impossible in the limits of this work to go fully into detail as to their action. Intending visitors will do well to refer to one of the following works: "Homburg Spa: an Introduction to its Waters and their Use," by Dr. Arnold Schetelig, London, T. & A. Churchill; "Homburg and its Resources," by Dr. Fr. Hoeber, 5th edition, at Schick's Library, Homburg; "Homburg vor der Hoehe," by Dr. Deetz, Wiesbaden, Bergmann; "Dietetic and Therapeutic Hints to the Visitors of Homburg," by Dr. H. Will, at Schick's Library; "Gout and its Treatment," by Dr. Charles Weber, Homburg, Standt & Supp. An instructive pamphlet can be obtained gratuitously from the "Kurverwaltung" (management of the baths), or the "Verkehrs-Bureau" (inquiry office.)

There are about 20 physicians at Homburg, mostly speaking English. Of these may be mentioned Drs. Hitzel, Will, Hoeber, Weber (winter at Rome), Lommel, Schleussner, Scherk, Friedlieb, Leber (hydropathic establishment), Rübsaamen, Rosenthal, Kleeblatt, Weidner, Ziehe, L. Hoeber, Baumstark, Pariser (sanatorium), Walter, Wien.

Perhaps in no city in Germany has more been done for the comfort and amusement of visitors than has been done at Homburg. The Kursaal is a magnificent building, in the Salons of which the gaming tables once helped to make Homburg famous. Here in the open air the visitor can have at a reasonable tariff one of the best dinners in Europe, and can eat his meal listening to a band performing the most delightful music. The public park, with the mineral springs, is of very large extent and beautifully kept; it contains tennis lawns (26 courts), croquet grounds, a magnificent golf ground, and varied arrangements for amusements. A continuous

round of concerts, balls, fêtes, firework displays, illuminations, operas, ballets, &c., goes on during the season; large bicycle track; International Lawn Tennis Tournament. A Golf Club, under the presidency of H.R.H. the Duke of Cambridge, was formed in 1899. Living is cheap. There is a Kurtax. The scenery around Homburg is very lovely, and "coaches and fours" make daily excursions. The park is one of the largest and finest in Germany. Royalty is nearly always in evidence during the Homburg season, and the visitors generally are of the best class. For all information apply to the Kurverwaltung.

There are establishments for massage and cold water treatment. In the "Kaiser Wilhelm's Bath" Soolsprudel baths, mineral carbonic acid baths, pine and mud baths, &c., are given. As a new feature electric light baths have been intro-

duced in 1900.

Hotels: Many first-class hotels and pensions.

Hornsea.-England, Yorkshire.

Sea baths, shingly beach.

Climate bracing.

Hotel Piora.—Switzerland, Canton Tessin; station Ariolo; altitude 5,900 feet.

Climatic air station.

Special indications: Debility, and convalescence when sufficiently advanced to stand the strong mountain air.

Near here is Faido, climatic health resort; station on the St. Gothard line.

Houches (Les) .- France, Upper Savoy.

Cold ferruginous, alkaline, magnesian and carbonate waters. Special indications: Chlorosis; acts on the digestive organs.

Houlgate-sur-Mer.—France; Department of Calvados. Railway Station, Beuzeval, via Trouville.

Sea baths.

Fine sandy beach; bracing climate. Hydropathic establishment. Casino.

Grand Hotel. Open from June 1st to October 1st; 160 rooms; lift.

Greatly frequented by the French aristocracy. English church.

Hotels: Grand, de Paris.

Hourdel.—France, Department of Somme. Sea baths; retired and quiet.

Hovehampton.—England, Sussex. Sea baths. Hovingham.—England, Yorkshire. Alkaline springs.

Howth.-Ireland, Dublin.

Sea baths, sandy beach.

Climate mild.

Doctors: Drs. Gosson, Greene, &c.

Hubertusbrunnen.—Germany, Prussia, province of Saxony; 800 feet above sea level.

Saline springs. Hydropathic establishment.

Huelva.—Spain, capital of the province of same name, on the Atlantic coast, and on the junction of the Rios Tinto and Odiel. 9,500 inhabitants. From London viá Paris, Bordeaux, Irun, Madrid, Cordoba and Seville in about 3 days.

Winter station and sea baths.

Season: For baths the autumn months, and generally from

November till May.

The climate is delightfully steady, mild, and invigorating, and as a consequence the station has been coming into favour of late. The bay is a fine expanse of water, and the town is well sheltered from northerly winds. It is an old place, having been built by the Romans.

There are as yet no statistics concerning the atmosphere, rainfall, &c., but the number of cloudless days in the year is

large. Some interesting old buildings exist in the town

Post and Telegraph office.

British Vice-Consul, E. L. Ricketts, Esq.

Doctors: Drs. Mackay and Morton (English).

Hotel: The Columbus Hotel.

Hunvadi-János.-Hungary, near Budapesth.

Cold sulphate and saline waters.

Purgative action.

These waters can be obtained of Messrs. Ingram & Royle, Ltd., 26, Upper Thames Street, London, and at Liverpool and Bristol.

Hunstanton.-England, Norfolk, near Lynn.

Ferruginous water and sea baths.

Sandy beach.

Climate bracing and fresh.

Doctors: Dr. Whitty, &c.

Hyères.—France, Department of Var, near Toulon. From London viá Calais, Paris, Lyons, Marseilles, and Toulon in 25½ hours (1) £7 2s. 5d., (2) £4 17s. 4d.

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A winter station and sea baths.

Winter season, November—June; snmmer, or sea bathing season, May - October.

Special indications: Diseases of the chest and lungs, scrofula, affections of the larynx, diabetes, gout and rhenmatism.

The town proper is three miles from the sea, and is built on the southern slope of the Maurettes chain of hills, here about 700 ft. high. North of the Gapeau, a small river east of the town of Hvères, the chain of Maures mountains protects the town against north-east and north winds. To the south and south-east of Hyères are the three islands of Porquerolles, Port Cros, and Levant, also called the Hesperides, or Golden These protect the roadstead of Hyères, and form a safe harbour. The situation of this winter station has been frequently wrongly stated to be on these islands. The mean winter temperature at noon in the sun is 55° F., and in spring from 65° to 68° F. Approaching Hyères from La Pauline on a calm day, the traveller will be astonished at the rapidity with which the temperature rises, while the vegetation assumes a more thoroughly tropical character, until the culminating point is reached in the date palms on the Place des Palmiers. mistral, that great enemy of Provence, is little felt here. valley of Costebelle is well sheltered against this scorching wind, and is also more protected and favoured as regards vegetation.

The mean barometric pressure is 762 to 766 mm., and the mean humidity of the air is 58 per cent. in the year. Forty-five rainy days, from October to end of April, have been noted; snow falls very rarely, indeed not more than two or three times in a century. Fogs occur sometimes in autumn and spring, but are of short duration. The health of the community is very good, and scrofula and phthisis scarcely exist. The water is good. Drainage has been improved considerably of late, but much still remains to be done in this respect.

As everywhere on the Riviera, so in Hyères, the hour of sunset is a dangerous one, and patients have to be careful not to remain out of doors. The climate of Hyères, on the whole, may be called a dry and stimulating one, and well suited to patients who desire to avoid the damp and cold of a northern winter, and who do not depend on free exercise in the open air as their principal treatment.

The town has about 12,000 inhabitants, the excursions are very varied and beautiful. A special feature is the three avenues planted with palm-trees, whence the name "Hyères les Palmiers." A large casino, with theatre, reading rooms concert hall, &c., exists on the Boulevard Napoleon, where the syndicate has its offices.

Post and Telegraph Office: Avenue des Palmiers, near the English Church.

British Vice-Consul, G. Corbett, Esq.

Bookseller: T. Hébrard.

Chemist: Massel.

House and Estate Agent: V. Fouchier, Avenue de la Gare. Dentist: J. F. Paterson.

Bankers: R. C. Corbett & Co., and Mr. Chapman.

Doctors: Drs. Cormack, Roux, Dubrandy, Bourgarel, Vidal, Sadler and Biden (last English).

Hotels: Continental, Albion, Parc, Isles d'Or, des Hesperides, des Palmiers, &c.

Hypate.-Greece, Peloponnesus,

Saline sulphurous waters, 50° F., mildly purgative action.

Special indications: Leprosy, elephantiasis, syphilis and mercurial dyscrasia.

Hythe.—England, Kent, on the Channel coast.

Sea baths much frequented, and good bathing appliances.

Ibenmoos.—Switzerland, Canton of Lucerne; 1,800 feet above sea level.
Cold earthy waters. Charming site.

Internal and external application.

The establishment is well arranged, and the accommodation satisfactory.

Leeland.—Island of, belonging to Denmark.

Intermittent springs, known under the name of "Geysers." The hottest springs and the largest in volume in the world.

Boats go from Leith during the summer months; address the owners of ss. Canoens.

British Consul, John Vidalin, Esq.

Ilanz.-Switzerland, near Laax; 2,200 feet above the sea.

Climatic health resort.

Doctors; Drs. Riedi and Schuoler.

Hotel: Oberalp.

Ilfracombe.—England, North Devonshire, at the entrance of the Bristol Channel.

Sea baths, much frequented. Air bracing and fresh.

A lovely place, a centre for many excursions; during the season (May to October) there are nightly concerts in the pavilion.

Hotels: The Granville, Ilfracombe, Runnacleave.

Ilidze.—Bosnia, 8 miles west of Serajevo: altitude 1,640 feet. Reached via Vienna, and then to Budapest, Szabadka, Bosnian Brod, and Serajevo. Hot sulphur springs, 136° F., containing also sulphate of soda, chlorate of lime and carbonic acid, and is like the Friconcella spring at Civita Vecchia.

Special indications: Rhenmatism, gout, bronchitis, &c.

Mnd baths.

Resident Doctor in hotel.

Horse races and various courses of amusements can be enjoyed, while military bands perform in the public parks.

Hotels: Hungaria, Austria and Bosnia.

Ilkeston.—England, Derbyshire. Sulphate of iron waters.

Ilkley.-England, Yorkshire, on the Wharfe.

Climatic station in summer, with hydropathic establishment at Ben-Rhydding. Chalybeate waters.

Hotel: Hotel Middleton.

Ilmenau.—Germany, Thüringia, Grand Duchy of Saxe-Weimar; 1,620 feet above sea level.

Hydro-therapeutic establishment; and, owing to the surround-

ing pine forests, a climatic station.

Special indications: Affections of the eyes, and nervous and heart diseases.

Doctors: Drs. Hassenstein and Wichmann.

Hotels: Kurhaus, Sun, Lion.

Imnau.—Germany, Principality of Hohenzollern; half-an-hour from Eyach; 1,260 feet above sea level.

Ferruginous bicarbonate waters, 22° F. Exported. Pine cone

sap baths.

Special indications: Affections of the chest.

Much frequented station. Good establishment.

Doctor : Dr. Wern.

Imola.—Italy, province of Bologna; 45 m. from Bologna by rail, quarter of an hour carriage from the station; 12,000 inhabitants.

Ferruginous, sulphurous saline waters. The establishment, erected in 1830, is efficient, and is situated in a very charming valley. The hotels afford every accommodation and comfort.

Doctors: Drs. Lesi and Ferretti.

Innsbruck.—Austria, Tyrol, 2,000 feet above the sea level. Population 30,000. Route from London viā Calais, Basle, Zurich, also viā Ostend, Brussels and Basle, or Hook of Holland, and Munich; fares about £6 10s first class, £4 10s. second class.

Climatic station in snomer and winter.

Summer Season from June to 30th September.

Winter Season from 1st November to 1st March.

Visitors, about 80,000.

The climate is equable. Average dry days in year 229, wet 128, windy 60.

A health resort, beautifully situated in the Tyrolese Alps, the capital of the Austrian Tyrol. Much frequented during the summer months, its invigorating climate being especially beneficial for those suffering from nervous diseases, insomnia, loss of appetite, &c.; also for the treatment of anæmia.

Sheltered from the north and east windsbythesurrounding Alps The town is rapidly becoming popular as a winter resort, but is not yet so well known as it deserves to be, the extreme dryness of the atmosphere rendering the cold hardly noticeable.

Mountains offer excellent facilities for chamois hunting, and numerous excursions can be made in summer. winter Innsbruck has one of the finest skating grounds in Europe, and a beautiful tobogganing run (3 hours' ascent by good roads, returning to the Valley in 15 minutes). There is also a small tobogganing run quite close to the town; and fine roads in the valleys for sledging. Covered cycle track for use in wet weather.

There is an excellent university, with a library containing 80,000 volumes, offering educational advantages of the highest class; besides this, there are all sorts of schools, and private lessons of every description can be had by eminent teachers at most moderate terms. A good theatre, with nightly performances; the Stadsaal, with its ball-room, restaurant and reading rooms. Concerts are frequently held, balls, &c.

Winter sports and amusements of all kinds.

Hotel Tirol, excellent first-class house, with beautiful view, close to railway station and salt swimming baths. Reading and smoking rooms, fine garden. Special arrangements for winter visitors. Carl Landsee, proprietor (see advt. at end).

Also Hotels de l'Europe, Hotel Kreid (formerly the Goldene

Sonne), better situated for winter, Habsburger Hof, &c.

Summer prices in the Hotels from 1st July to 30th September. Winter prices from 1st October to 30th June.

British Vice-Consul: Rev. R. E. Macdonald.

Doctors: Ehrendorfer, Hagger, Loebisch & Rockitansky.

Inowraclaw.—Germany, Prussian province of Posen, near Bromberg. Saline waters.

Special indications: Scrofula, skin diseases, rheumatism and female affections.

Doctors: Drs. Mannheim. Rakowski and Winkler.

Hotels: Kurhaus, Villa Weiss.

Inselbad.-Germany, Westphalia, near Paderborn.

Saline and saline chalybeate waters, 45° F. Inhalations,

Special indications Tuberculosis, chronic bronchial catarrhs, pleuritic exudations.

Doctor: Dr. Markinowski. Hotels: Kurhaus, Bathhouse.

Interlaken.—Switzerland, Canton of Berne, between the Lakes of Brienz and Thun. From London $vi\acute{a}$ Calais, Boulogne or Ostend and Basel, about 22 hours.

Climatic station in summer. Whey cure.

It possesses only artificial baths, and is visited almost entirely on account of its beautiful environs. Very fine scenery and pure healthy air.

English service in the church at the Nunnery, also at

Beatenberg.

Bankers and Exchange Bureau: T. Cook & Son, 1, Chalet Victoria.

Doctors: Drs. Delachaux, Zürcher and Strasser.

Hotels: Rugen, Metropole, Victoria, des Alpes, &c.

Irno (Valley of).—Italy, province of Naples ; from Naples to Salerno by rail $1\frac{3}{4}$ honrs, thence by carriage half-an-hour.

Alkali-saline waters; not thoroughly analysed. 59° F.

Season: June—September.

Special indications: Chronic catarrh of the stomach, splenic and hepatic complaints, uric acid diathesis, catarrh of the urinary organs, gout and chronic rheumatism.

The site is beautiful, but the management of the establishment is scarcely on a par with the efficacy of the waters.

Ischia.-Italy, island in the Bay of Naples. Population 25,000.

Alkali-saline waters, 95° to 160° F. Thermal establishment of Casamicciola. Climatic station for spring and autumn. Sand baths.

Season: 1st May to 30th September.

Special indications: Uterine affections, rheumatism, but more especially diseases of the bones, sores, gout and paralysis.

An island celebrated for its rich vegetation and the beauty of its sky. It is much visited, too, on account of the abundance of its mineral springs. On its small surface there are no fewer than 22 springs, all well known, and all of which were in use under the Romans. The principal are St. Restituta, Cappone Fontana (similar to cold Carlsbad), and Gurgitello. (See articles on above.) The earthquake of July, 1883, wrought so much havoc amongst the bathing establishments that it is unlikely they will ever be rebuilt.

Doctor : Dr. Manzi.

Hotels: Hotel Jasolini, San Pietro.

Ischl.—Austria, Salzkammergut, on both banks of the Traun, at the confluence of the Traun and Ischl, 1,600 feet above sea level; 9,000 inhabitants. From London via Calais or Ostend, Munich or Salzburg.

Saline waters and mud baths, pine baths and hydrotherapeutics.

Season: June to September.

Special indications: Lymphatism, incipient goitre, affections of the mucous membrane of the stomach and intestines, chronic vomiting. Action of waters is tonic and laxative.

There is a Trinkhalle and fine kurhaus, well attended.

The surrounding scenery is very lovely.

Post and Telegraph Office.

Bookseller: Manhart, Pfarrstrasse.

Doctors: Drs. H. Hertzka, Mayer, &c.

Hotels: Bauer, Kaiserin Elizabeth, Crown, Victoria and Post.

Ismailia.-Egypt.

Salt water baths.

Doctor: Dr. Morrison.

Ivanda.—Austria, on the frontier of Servia and Wallachia, near Temesyar.

Bitter waters, mineralisation 17 grammes, 12 grammes of which are sulphate of sodium. It contains no sulphate of magnesia, and is laxative, mild in action, and therefore suitable for prolonged and gentle treatment.

Ivonicz.—Austria, Galicia, near Krosmo; 1,340 feet above sea level.

Two saline bromo-iodurated, a bituminous and a ferruginous spring. This water contains 0.017 iodide of sodium.

Special indications: Goitre, articular disease, and herpes. The establishments are efficient and the environs charming.

Jallova.-Turkey, Asia Minor, near Brussa.

Thermal sulphurous springs.

A very good establishment, and an interesting place to stay at.

Jamnicza.—Austria, Croatia, near Agram.

Cold alkaline and sulphurons ferruginous waters, 16 grms. of mineralisation, of which 6 are carbonate of sodium and 3 sulphate of sodium.

Special indications : Anæmia.

A much-frequented establishment.

Jaxtfeld.-Germany, Würtemberg; station, Heilbronn; 450 feet above sea level.

Saline waters, mineralisation 113 grammes, of which 108 are chloride of sodium. Inhalation.

A good establishment, with comfortable accommodation.

Jenatz.—Switzerland, Canton of Grisons.

Cold ferruginous and mixed bicarbonate waters of 60° F.

The establishment is fairly well arranged, and the accommodation good.

Joanette.-France, Department of Maine and Leire, near Angers.

Saline ferruginous springs, one sulphurous.

A small establishment.

Jobsbad, or Wiesenbad.—Germany, Saxony, near Annaberg; 1,370 feet above sea level.

Earthy alkaline waters.

A fairly good establishment. Scenery grand and charming.

Johannesbad.—Austria. Bohemia, near Pardubitz; station, Freiheit, 1½ miles; 2,000 feet above sea level.

Alkali-ferruginous thermal water, 185° F.; climatic station.

Season: 15th May to 30th September.

 $Special\ indications:$ Nervous affections, hysteria, neuralgia, gastralgia.

Very charming site and mild air. In August and September the air is very clear.

Doctors: Drs. Schreier, Knaur, &c.

Hotel: Kurhaus.

Johannis.-Zollhaus, Germany, Hesse-Nassau.

Carbonate of lime, soda, and magnesia waters highly charged with carbonic acid gas.

This Spring, with a yield of about 35,000 gallons a day, is the property of "The Apollinaris and Johannis Company," London

The extensive pump and bottling rooms at Zollhaus evidence the immense demand for this water, which daily increases in favour.

The following analysis of the water was obtained by a Special Commissioner sent by the Lancet:—

	•		Gramme.
Carbonate of lime			0.460
,,	magnesia		0.186
,,	soda		0.382
,,	lithium		traces.
Chloride of sodium .			0.034
Sulphate	,,		trace.
Oxide of iron	٠		0.015
Silica			0.008

Total solid contents per litre ... 1.083

The percentage of carbonic acid in the gas was found to be from 99.43 to 99.98.

The great advantage of a water naturally mineralized over that which is treated artificially, consists in the fact that the gas is retained for a longer period. "Johannis" possessing this most valuable characteristic, combined with exceptional purity, is rightly placed in the foremost rank of mineral waters. On Tuesday, 3rd September, 1895, H.R.H. the Prince of Wales, accompanied by Prince Albert of Schleswig-Holstein, Grand Duke Michael of Russia, and other illustrious personages, and his entourage, paid a visit to the "Johannis" Springs at Zollhaus, and thoroughly inspected the curious phenomenon presented by ebullition of water and carbonic acid gas from the depths of the earth. He also inspected with the greatest interest the excellent methods adopted for the bottling of gas and water together, and the extraordinary precautions taken to render it absolutely impossible for any contamination of any kind to affect the water. The Prince expressed himself highly delighted with what he had seen, and after the whole day spent at the "Johannis" Springs returned to Homburg.

Johannisbad.—Austria, Bohemia, near Melnik. Ferruginous waters.

Johannisberg.—Germany, Nassau, near Gelsenheim on the Rhine.
Hydropathic establishment with electrotherapy. Grape
cure.

Very elegant accommodation.

Doctors: Drs. Dübois and Herbet.

Jordansbad.—Germany, Würtemberg, near Biberach; 1,660 feet above sea level.

Effervescent ferruginous waters; establishments, with shower, spray, douche, and sitz baths. The situation is retired and pretty.

Kabolapolyána.-Austria-Hungary, comitat of Marmáros, district of Rahó.

Highly effervescent ferruginous waters.

Thoroughly efficient bathing establishments, with all modern requirements.

The position of the town is picturesque.

Kács.—Austria-Hungary, district of Mező-Kovesd, near Miskolcs. Indifferent waters, 65° F.

A very good establishment, with good accommodation.

Kainzenbad.—Germany, Upper Bavaria, near Partenkirchen; station, Garmisch-Partenkirchen; 2,500 feet above the sea level.

Climatic air station, and sulphurons ferruginous waters.

The surrounding country affords occasion for a great many interesting excursions.

Doctor: Dr. Behrendt.

Kaltenleutgeben.—Austria, Lower Austria, near Vienna. Hydropathic establishment. Very mild air and picturesque site.

Doctor: Dr. von Winternitz.

Kammer.—Austria, near Linz and Salzburg.

Climatic summer station; baths in the Attersee; whey cure.

Very charmingly situated; pure air and equable climate; good trout fishing and interesting excursions for tourists. The establishment is excellent, and accommodation comfortable and moderate.

Kammietz-Podolsk.—Russia, Government of Podolia.

Sulphurous waters.

A much-frequented station.

Kanitz.—Germany, Bavaria, near Werdenfels; 2,500 feet above sea level.
Alkaline iodurated waters.

Whey cure.

A good establishment.

Karlshafen.-Germany, Prussia, near Minden.

Saline waters.

A good establishment with satisfactory accommodation. Climate very mild and agreeable.

Doctors: Drs. Amelung and Siebert.

Katharsion.-Greece, Island of Lesbos.

Saline waters, 75° to 80° F.; they contain a good deal of sulphur. The place is called, in consequence, the "ill-savoured pool."

The baths enjoy a high reputation, and are much frequented.
The ruins of the old Grecian baths have been partially restored, and afford visitors satisfactory accommodation.

Katwyk.-Holland, one hour from Leyden.

Sea baths and sandy beach; very quiet place, though much frequented. The simple and tranquil life act very favourably on invalids.

Katzhütte.-Germany, Thuringia, near Rudolstadt; 1,300 feet above sea level.

Climatic air station; pine cone sap baths.

Situated in the midst of vast forests, the air is especially suitable for patients suffering from anæmia, green sickness, and kindred ailments.

Doctor: Dr. Wiesel.

Kaudenbach.-Germany, Rhenish Prussia, near Bertrich.

Earthy ferruginous waters, 70° F.; used in drinking, as auxiliary to those of Bertrich.

Kellberg.—Germany, Bavaria, 12 hours from Passau; 1,200 feet above sea level.

Ferruginous and slightly effervescing waters.

The establishment is well arranged, and the accommodation comfortable and moderate in price.

Doctor: Dr. Schreiner.

Kemmern.—Russia, near Riga.

Very strong sulphurous waters, containing a large quantity

of sulphuretted hydrogen. Peat and sea baths.

The bathing establishment is elegant and the accommodation satisfactory.

Kenchreæ. - Greece, on the Isthmus, south of Corinth.

Saline waters, 70° F.

Known in the days of Pausanias as the Helena baths.

Kenmare.-Ireland, County Kerry, situated at the estuary of the Kenmare River.

Climatic resort. Sea bathing.

Temperature, mild and equable.

Doctors: Drs. Mayberry, McCarthy and Horgan.

Kerö.—Austria, Transylvania, district of Dées.

Cold saline sulphurous waters.

Good establishment, with tolerable accommodation.

Keswick.-England, Cumberland, Lake District.

Summer holiday resort, with fishing and boating,

Hotels: Derwentwater, Lodore, Riggs.

Kiel.-Germany, province of Holstein. Important port on the Baltic. Sea baths; fine white sandy beach.

Season: June-September.

The establishment is very elegant and much frequented.

British Vice-Consul: C. Kruse, Esq.

Doctors: Drs. Heller, Joens, B. Fischer, &c.

Kierling.—Austria, province of Lower Austria, near Klosterneuburg. Climatic station, but better known through its whey care establishments.

Very fine climate and luxuriant vegetation.

The establishment is comfortable.

Kilchzimmer.-Switzerland.

Climatic health resort.

Kilkee.-Ireland, co. Clare. Sea baths, sandy beach; chalvbeate springs.

Kilkenny College Spa .- Ireland, on the River Nore. Chalybeate waters.

Kilrush.—Ireland, Clare.

Sea baths, sandy beach; chalybeate waters.

Kimpolung.-Roumania, near Musclhi and the Austrian frontier.

Saline sulphurous waters.

Primitive establishment, with indifferent accommodation. The site is pleasant and pretty.

Kinsale.-Ireland, county Cork, on the Bandon river.

Sea baths, fine sandy beach; chalybeate waters, near Castle-in-Park.

Kirchberg.—Germany, Bavaria, near Reichenhall; 1,520 feet above sea level.

Earthy alkaline saline waters, whey cure, and aromatic herb extract baths.

Much frequented. The situation is charming.

Doctors: Drs. Kietz and Rossler.

Kirchbrunnen.-Germany, Würtemberg, near Heilbronn.

Bitter waters.

Formerly much frequented, and the water exported, but now abandoned.

Kirchheim.-Germany, Würtemberg, near Teck.

Cold sulphurous waters.

Special indications: Chronic rheumatic and arthritic complaints, chronic skin diseases.

There is a good establishment.

Doctors: Drs. Eberhard and Kranss.

Kislovodsk.—Russia, Caucasus; 2,375 feet above the sea level.

Alkali-saline earthy waters, 45° F.

A special feature of this water is its action on the kidneys. It is very efficacious in all vesical diseases. Caution must be used in drinking it.

Kis-Sáros.—Austria-Hungary, comitat of Sáros, near Eperiés.

Alkaline ferruginous waters.

A very good establishment, with comfortable accommodation.

Very picturesquely situated.

Doctor: Dr. Jácz.

Kissingen.—Germany, Bavaria, near Würzburg, on the right bank of the Saale; 602 feet above the sea level. From London, vid Ostend, Cologne, Frankfort, Gmunden and Schweinfurt in 231 hours (1)94s. 7d. (2) 6ss. 9d.

Cold saline waters, strongly mineralised. Three principal springs, of which there are six in all, are the Rakoczy, the

Pandur, the Maxbrunnen, and the Sole.

Season: May to September 30th.

Number of visitors: About 30,000 annually.

Special indications: Tonic, exciting, purgative and diuretic.

They are admirably suited to abdominal and hæmorrhoidal congestions, heart diseases, asthma, and catarrhs of the respiratory organs.

Prince Bismarck passed about two months here every year.

Bookseller: Ph. Hailmann.

Doctors: Drs. Diruf and Rosenau. Hofrat Dr. Dietz, Physician, proprietor of a sanatorium for heart and bronchial diseases.

Hotels: Royal Kurhaus, Russie, Victoria, Kaiserhof, Angleterre.

Klampenborg.-Denmark, near Copenhagen.

Sea baths.

A much-frequented establishment, with Continental arrangements and good hotel.

Cold seabaths, good sandy beach. Favourite place for tourists.

Klaussen.—Austria, Styria, near Graz.

Ferruginous bicarbonate waters; composition almost identical with those of Spa; 0.098 of iron.

Special indications: Catarrhal affectious, hypochondriasis, hysteria, anæmia.

Klokocs.—Austria-Hungary, comitat of Sohl. Effervescent earthy waters, little used.

Klon thal.—Switzerland, Canton Glarus.

Climatic health resort.

Doctor: Dr. Kruger.

Klosters.-Switzerland, Grisons; 4,000 feet above the sea level.

Cold sulphurous waters.
Indifferent establishment

Indinerent establishmen

Doctor: Dr. Hitz.

Knaresborough.—England, Yorkshire. Sulphate of lime waters.

Knutwyl.—Switzerland, Canton of Lucerne; 2,110 ft. above the sea level. Railway station, Sursee, on the Olten-Lucerne line.

Sulphate of lime and iron waters, but not in large proportions. Very mild and pure air.

Good establishment and tolerable accommodation.

Doctor: Dr. Troller.

Koberndorf.—Austria-Hungary, comitat of Oedenburg, near Rabnitz. Alkali-saline ferruginous waters.

Good establishment, with comfortable accommodation at moderate rates.

Kochel.-Germany, Bavaria, on the Lake of Kochel.

Alkaline waters, climatic air station; very mild and equable air.

The establishment is luxurious and accommodation ample.

Doctor: Dr. Burkhard

Königsborn.-Germany, Westphalia, near Unna.

Cold saline waters.

Very efficient establishment.

Doctor: Dr. Wezele.

Königsbrunn.—Germany, Saxony, near Königstein, 1½ hours from Dresden.

Hydropathic establishment.

Very fine site; place thoroughly well appointed. The place is less frequented of late, owing to the surrounding manufactories impairing the purity of the air with their smoke.

Doctors: Drs. Putzer and Seemann.

Königsdorff-Jastrzemb.—Germany, Silesia, near Ratibor; 800 feet above sea level.

Bromo-iodurated saline waters, very strongly iodurated,

65° F.

Special indications: Chronic rheumatism, paralysis, syphilis, scrofula, affections of the uterus, difficult menstruation, caries, necrosis, skin diseases, goitre.

Doctor: Dr. Nical Witczak.

Hotels: Königsdorff, Hohenzollern.

Königstein.-Germany, Nassau in the Taunus.

Hydrotherapeutic establishment.

Doctor: Dr. Thewald.

Hotels: Pfaff, Amsterdam.

Königswarth.—Austria, Bohemia, near Marienbad, 2,155 feet above sea level.

Bicarbonate of iron waters.

Special indications: Anæmia, rachitis, scrofula, chronic paralysis.

The establishment is thoroughly fitted up, and the site is

charming.

Doctor: Dr. Kohn.

Hotel: Kurhaus.

Konigswinter.—Rhenish l'russia, at the foot of the Drachenfels and Petersberg.

Climatic health resort, with splendid scenery.

There is a good hotel on the Petersberg.

Konopkowka.-Austria, Galicia, district of Tarnopol.

Cold sulphate of lime waters.

Special indications: Herpes, rheumatism.

Only used in baths; the establishment is efficient.

Koroud.—Austria, Transylvania, near Parajd.

Effervescent earthy waters.

There is a bathing establishment, and several buildings affording good accommodation.

Korytnica.-Austria-Hungary, in the Carpathians, near Neusohl.

Saline ferruginous waters, and climatic station.

Korytnica is magnificently situated. The vegetation is very luxuriant, the air mild and equable, and the place very fashionable.

Doctors: Drs. Vogel and Ormay.

Kösen.-Germany, Saxony, near Naumburg.

Saline bituminous waters, 40 grammes of mineral principles, of which 33 grammes are chloride of sodium, 65° F.; the salts are exported.

Special indications: Scrofula.

Very good establishments, with abundant and fashionable amusements.

Doctors: Drs. Risse, Löffler and Schütze.

Hotels: Zum Muthigen Ritter, Kurzhalz.

Kostreiniz.-Austria, Styria.

Carbonate of soda water; 10 grammes of mineralisation, of which six are carbonate of sodium.

Köstritz.—Germany, Principality of Reuss; 470 feet above sea level. Saline, pine cone sap, dry, warm, and sand baths.

Special indications: Rheumatism, anchylosis.

Doctors: Drs. Apetz and Ridel.

Hotel: Kurhaus.

Kötschenowa.-Russia, near Moscow.

Effervescent ferruginous waters. Good establishments, long known.

Krankenheil.—Germany, Bavaria, near Tölz; 3,452 feet above the sea level, on the river Isar.

Cold iodo-bromurated saline waters.

Special indications: Scrofula, inflammation of the ovaries, hyperæmia of the uterus, indurated breasts, inflammation of the prostate gland and urinary organs, goitre.

Kursaal and Trinkhalle; much-frequented establishments.

Doctor: Dr. Höfler.

Hotel: Kurhaus.

Krapina Töplitz.—Austria, Croatia, comitat of Warasdin. Two thermal carbonate of lime springs, 100° to 115° F.

Special indications: Nervous affections, eczema, prurigolichen, prograsis.

Excellent establishment and accommodation. The site is beautiful and the climate mild and healthy.

Doctors: Drs. Von Aigner and Rak.

Hotel: Kurhaus.

Kreischa —Germany, Saxony, near Dresden. Hydropathic establishment. The environs are very woody, and the gardens around the establishment are superb.

Doctors: Drs. Bartels and Pohl.

Kreuth.—Germany, Bavaria, near Tegernsee; 2,910 feet above the sea level.

Bitter waters, whey cure, climatic station.

Season: June to 15th September.

A well-appointed establishment; climate mild, yet damp.

Doctor : Dr. May.

Hotel: Kuranstalt.

Kreuzburg.—Germany, Saxe-Weimar, near Eisenach; 1,300 feet above sea level.

Climatic air station; saline waters, ferrugiuous mud baths and whey cure.

Doctors: Drs. Brueckner and Schäfer.

Kreuzen.—Austria, province of Upper Austria, near Grein; 1,360 feet above the sea level.

Hydropathic establishment. Climatic station, surrounded by

pine forests.

Complete establishment.

Doctor: Dr. Fleishanderl.

Kreuznach —Germany, Rhenish Prussia on the Nahe. From London via Ostend, Calais or Hook of Holland, Cologne and Coblence, about 17 hours. Bromo-jodurated saline waters.

Season: - From 1st May to 1st October; open all the year

round.

Special indications:—Scrofulous affections, diseases of the ears, eyes, respiratory organs, bones and joints, all female and

skin diseases, and in chronic affections generally.

Kreuznach stands 350 feet above the sea, is picturesquely situated on the river Nahe, contains 22,000 inhabitants, its principal industries being vineyards and hotel-keeping. It enjoys an exceedingly fine climate; during the five months' season rain falls on the average about 50 days, and the rainfall is only 10 inches, so that relatively it more than favourably compares with all the German health resorts. The air is exceedingly dry, and there is a freedom from fogs. The season extends from May 1st to September 30th. There are 17 springs -the Elizabeth, Victoria, Oranien, Carbshalle, and Theodorshalle being the most important. Their chief constituents are chloride of sodium and lime, the iodides and bromides of sodium and magnesium, and carbonate of iron and lithium. These waters, containing no sulphates, and being rich in bromides and iodides, are much in request for a class of complaints which requires alterative treatment. They are readily digested, and the iron they contain is easily assimilated. The Mother-lye (Mutterlauge) of Kreuznach is a fluid. of a yellow colour, obtained after the concentration of the water and the abstraction of the chloride of sodium. It is produced by the Saltworks Carshalle and Theodorshalle properties of the town of Kreuznach. 20,000 gallons of motherlye are exported every year, and it is in certain cases a most valuable therapeutical agent. Here patients sit by the side the graduation houses ("Gradierhäuser,"), in order to obtain the benefits of the salt atmosphere. There is a fine inhalatorium, and covered walks are arranged for promenading in wet weather. The cases which derive most benefit from a stay at Kreuznach are glandular affections, bone and joint diseases, rickets, female disorders, prostatic and vesical cases, catarrhs, chronic heart diseases, diseases of the eye, ear and throat, skin diseases, rheumatism, gout, and various nervous affections. Comparison has been frequently made of the waters of Woodhall Spa with those of Kreuznach. Presuming that the former are as strong, the neighbourhood of Woodhall Spa cannot compare with that of Kreuznach, where the surroundings, both immediate and remote, are more amusing and pleasant. An advantage Kreuznach has over a good many other watering places is that the mineral baths can be taken in every hotel, and the latter are remarkably comfortable; there is a large number to choose from, and their tariffs are most moderate. Another advantage Kreuznach possesses is that it is the residence of excellent German physicians and good dentists, chemists, bankers and booksellers.

Protestant, Roman Catholic, and Jewish places of worship.

Several good schools for boys and girls.

Hotels: The Hôtel Oranienhof, one of the largest first-class houses in the town, and patronised by Royalty (see advt. at end).

Hôtel Kurhaus, situated in the centre of the Kurpark, and

well recommended.

The Private Hôtel D'heil Schmidt, Hotel Royal, d'Angleterre, and many others. Pensions and private residences.

Krönberg.-Germany, Nassau.

Saline and chalybeate waters. Whey cure. There is a very efficient establishment. Doctors: Drs. Marklin and Ostertag.

Kronenquelle.-See SALZBRUNN.

Kronthal.—Germany, Nassau; 500 feet above sea level. Alkali-saline waters, 40° F.; exported.

Special indications: Nervous diseases and affections of the mucous membrane, bronchial catarrh.

Good establishment.

Doctors: Drs. Dettweiler and Maerklin.

Krynica.—Austria, Galicia, in the Carpathian mountain chain; 2,200 feet above sea level.

Gaseous alkaline ferrnginous waters; climatic station, beautifully situated; whey cure.

Special indications: Dyspepsia, debility.

The establishments and the accommodation are thoroughly good.

Doctors: Drs. Mars, Zdun and Zieliniewsky.

Hotels: Seyfert, Krakau.

Kunzendorf.-Germany, Silesia, district of Neustadt.

Ferruginous and sulphurous waters.

Tolerable establishment.

Kuopio.-Russia, Finland, near Kuopio.

Ferruginous water.

Richest ferruginous spring in Finland. Picturesque situation. Good baths.

Doctor: Dr. Johnson.

Lac Noir.—Switzerland, near Fribourg; altitude, 3,360 feet.

Climatic air station, and sulphurous waters; situated among pine woods.

Doctor: Dr. Gruniugen.

Near Lac Noir are the climatic stations of Bulle, Bains de Colombettes and Montbarry.

Lago d'Averno.-Italy, near Pienza.

Ferruginous sulphurous waters. They form a lake, which exhales a disagreeable odour.

Special indications: Chronic skin diseases, old sores and anchylosis.

Lake of Constance. - See Bregenz, Friedrichshafen, Lindau, Rorschach.

Lalliaz.—Switzerland, Canton of Vaud, near Vevey; 1,760 feet above sea level; a fine Alpine situation.

Sulphate of lime waters.

 $Special\ indications:$ Herpes, dyspepsia, atonic and discrasic sores.

The establishment is very good, and the accommodation comfortable.

Doctors from Vevey and Montreux.

Lamalou-les-Bains.—France, Hérault; 620 feet above sea level. For routes see table.

Thermal and cold polymetallic waters, 75° to 115°. Alkaline, ferruginous, brine and arsenical waters; gaseous and natural steam baths.

Season: 15th May to 15th October.

Special indications: Rheumatism, neuralgia, affections of

the nerve centres and locomotor ataxy.

The climate is warm, and changes of temperature rapid. The establishments are thoroughly well fitted up. Casino.

Doctors: Drs. Belugou, Boissier and Ménard,

Hotel: Hôtel des Bains.

Lamotte.—France, Department of Isère; 1,950 feet above the sea level. Station, 14 hours from Paris.

Thermal saline springs, 100° F.; 6 grs. of mineralisation, of which 3 grs. are chloride of sodium. Action excitant and tonic

Season: June to September.

Special indications: Rheumatism, uterine affections, scrofula and white swelling.

The bathing establishment is in an old castle, with good airy rooms.

Lamscheid.-Germany, Prussia, Lower Rhine, near Coblentz.

Bicarbonate of iron waters, also known under the name of "Leiningen acidulous waters."

Special indications: Debility, anæmia, chlorosis, difficult menstruation.

Landeck.—Germany, Silesia, near Glatz; 1,460 feet above the sea level. Six alkaline-saline and sulphurous springs, with a varying temperature of 45° to 75° F.

Special indications: Rheumatism, affections of the larynx, nervous affections and female complaints.

A well-appointed establishment.

Doctors: Drs. Joseph Schütze and Ostrowicz.

Hotels: Bismarck, Carlshof, Schlössel.

Langenberg.—Germany, Principality of Reuss, Schleitz, near Gera.
Hydropathic establishment. Very mild and healthy air.
Doctor: Dr. Borner.

Langenbrücken,—Germany, Baden, between Bruchsal and Heidelberg; 440 feet above sea level.

Saline sulphurous waters, 35° F.

Special indications: Catarrhal affections of the respiratory organs and of the bladder, rheumatism, gout.

Doctor: Dr. Ziegelmeyer.

Hotel: Kurhaus.

Langensalza.-Germany, Thuringia, province of Saxony.

Cold sulphate of lime bituminous waters.

The establishment is excellent.

Doctor: Dr. Baumbach.

Hotel: Kurhaus.

Langenschwalbach.—Germany, Hesse-Nassau, between Wiesbaden, Ems and Frankfurt; 955 feet above sea level. From London via Ostend, Calais or Hook of Holland and Cologne.

Iron waters; every description of bath; climatic station;

mud baths (peat).

Season: May to October.

Number of visitors, between 5,000 and 6,000, as shewn by the visitors' list, the majority being ladies.

Special indications: All female complaints are treated here as a speciality; anæmia, chlorosis, nervous complaints, debility of muscles and mucous membranes, especially catarrhal affec-

tions of the genital and urinary organs, and sterility.

Schwalbach is a town of about 3,000 inhabitants, and its upper part is pleasantly arranged and most picturesque. It is only a short distance by rail from Wiesbaden, and is one of the most frequented Spas on the Continent. There are public grounds most tastefully laid out, in the midst of which is the favourite spring; a magnificent Kursaal, with a handsome ball room. A fine band of music gives concerts, and the walks and drives in the locality are numerous and worth taking. The number of visitors increases rapidly year by year, and few places are more pointedly coming to the front than Schwalbach. The greater number of visitors come from England, and there is an "English air" pervading the place, which is marked on every hand. There are several bath-houses, all elaborately fitted up, the most important one being close to the principal spring, the "Weinbrunnen." There are seven Springs: the Stahl, Wein, Pauline, New, Ehe, Adelheidbrunnen, and Linden, their average temperature being about 55° F. Their principal characteristic is the amount of iron they contain (about five grains to the gallon) in the form of the bicarbonate of the protoxide; in addition to this they contain bicarbonates of lime and soda, chloride of sodium, and sulphates of potash and soda. But their value rests upon certain peculiarities they possess, which make the iron they contain enter into the system in a marvellously direct manner, and its assimilation in a powerful degree maintained; this is due to a variety of causes, one of which is the presence of an unusually large amount of free carbonic acid gas, which, by a clever process of steam heating, is maintained more or less intact in a heated bath. So pronounced is the action of the iron that a succession of baths stains the skin vellow, and imparts to it a sensible roughness which, singular to remark, is got rid of by bathing in the waters of Schlangenbad, a mineral water establishment some five miles distant. The iron in the water mildews and stains linen. There is no spring, at present discovered, which assimilates iron to the system like that of Schwalbach, and, as

far as is at present known, no pharmaceutical preparation, dialysed or otherwise, which can impregnate the system with iron as rapidly as Schwalbach water can. Patients who "cannot take iron" from a medicine bottle can take it here with markedly good effects. Even the waters of Spa and Bruckenau do not act as markedly as these do. where the assimilation of iron is the physician's principal aim. It is impossible to relate all the diseases which these waters will assist in curing, and no doubt, as scientific investigation advances, new methods of treatment will appear, and new properties be assigned to them. The comforts and requirements of visitors are all carefully noted by those having the direction of the town. The Bürgermeister is the ruling spirit, who presides over the Town Council, which is an energetic body, anxious to develop the popularity of the waters, and give them the publicity they justly deserve. A letter to him will bring the writer a printed circular, giving full information upon most matters the visitor requires to be informed upon; and, if asked for, a copy of "Fuhrer durch Bad Langenschwalbach," which is a most exhaustive treatise in German. Dr. Genth can also be applied to for a copy of the admirable work written by the late Dr. Ad. Genth, which is interest-There is a kurtax charged, ing and instructive. it is not high, considering that it gives free admission to almost everything. There are five first-class Hotels: the Allee Saal, Duke of Nassau, Métropole, Taunus, and Victoria. The second-class Hotels are the Wagner, Berliner-Hof, Quellenhof, and Russischer-Hof. It would be invidious to compare the first-class Hotels with each other: they are all good, and the most fastidious cannot find the least fault with their arrangements. There are weekly dances, concerts, fêtes, &c., during the season. The town band numbers 25 musicians. Shops are closed on Sundays. Shooting and trout fishing.

A direct railway from Wiesbaden to Schwalbach was opened

in November, 1889; also one from Cologne.

Omnibuses and cabs meet every train; ten minutes' drive from the station to the town proper.

English Church.

Post and Telegraph.

Doctors: Drs. Oberstadt, Frickhöffer, Grebert, Genth Franz,

Pfeifer and Schubert.

Mittel Deutsche Credit Bank and Exchange: Duke of Nassau Hotel.

Langrune .-- France, Department of Calvados, near Caen.

Sea baths; very quiet. The sea water here is highly charged with iodine.

Season: May to September.

Lannaskede.-Sweden, 40 miles from Wexio.

Ferruginous water of medium strength.

Good baths and cheap living. The surroundings are picturesque.

Doctor: Dr. Sundell.

La Porretta.—Italy, Bologna, between Bologna and Pistoja.

Salt waters, with aperient action; rich in carburetted hydrogen. Fine marble baths.

Good drinking water. Electric light.

Special indications: Skin diseases, rheumatism, &c.

Doctor; Dr. Guiseppe Ravaglia.

Hotels: Pallazino, Porretta, and Roma.

Largs.—Scotland, Ayrshire, near Glasgow, railway station of Wemyss Bay.

Sea baths, gravelly beach, climate mild and steady.

A good bathing establishment.

Season: June to September.

Larivière sous Aigremont.—France, Department of Haute Marne, near Bourbonne-les-Bains.

Cold effervescent ferruginous waters.

Laroche-Posay.—France, Department of Vienne. Sulphuro-ferruginous springs.

La Salute—Italy, near the Lago Maggiore. Ten minutes from Cannobio.

An intermediate station, which deserves to be better known.

Hydropathic Establishment: Dr. Ettore Ferrero.

Las Palmas.-Grand Canary. See CANARY ISLANDS, page 65.

Lasserre.—France, Lot and Garonne, near Fransecas.
Cold effervescent earthy waters, slightly laxative.

Auxiliary to the waters of Luchon.

Laubbach.—Germany, Rhenish Prussia, nalf-honr from Coblentz by tramway.

Indifferent waters. Hydropathic establishment and summer station of first importance. All natural physical cures are applied here, either by hydropathy or by separate combinations. Air pure and bracing

Season: May to October.

Special indications: Morbus Brightii as a speciality, affections of the respiratory organs and of the nervous system, constitutional diseases and circulatory disorders, anchylosis, contractions and articular swellings.

Laubbach affords to patients the opportunity of a very quiet and retired life, and the surroundings offer to convalescents and others in need of it mental recreation of every kind. The environs of Bad-Laubbach are very lovely, and excursions are numerous. The immediate circuit of the Kurhaus is laid out in gardens, and the accommodation is abundant, comfortable and moderate. The banks of the Rhine, from the town of Coblentz to this establishment are laid out in gardens, in which concerts are given every day in summer.

Doctors: Drs. Achtermann and Dietz.

Hotel: The Establishment, which contains above 100 rooms, thoroughly comfortable, entirely refurnished, and greatly improved; drainage perfect. Address the Director.

Lauchstädt.—Germany, Prussian Province of Saxony, near Halle and Merseburg.

Earthy saline ferruginous waters.

Special indications: Neurosis, rachitis, chorea, debility, anæmia, disorders of the urinary organs.

A fairly well-appointed establishment.

Doctors: Drs. Bätge and Radecke.

Laurenzbad, or St. Laurenzebad.—Switzerland, Canton Soleure.

Cold sulphate of lime waters. Near here is Barmel, a favourite whey and milk cure place.

Doctor: Dr. Schenker.

Laurvik.-Norway. Four hours by rail from Christiania.

Sulphurous and ferruginous waters.

Special indications: Chronic rheumatism, throat catarrh, scrofula and skin diseases, inflammation of the uterus and ovaries.

There is an excellent bathing establishment situated at the sulphur spring, containing spray, shower and mud baths, inhalation rooms, seaweed and sulphur baths; in addition to these there is a hydropathic department fitted with all modern appliances.

Good accommodation can be obtained at the various houses

in the town, lodging-houses and hotels.

Doctors: Drs. Holm and Stephenson.

Lausanne and Ouchy.—Switzerland, Canton Vaud, 61 m. from Berne, an irregular picturesque town; 40,000 inhabitants; 1,600 feet above the sea level. From London við Boulogne or Calais and Paris about 22 bours.

Climatic station; bracing air and grape cure.

Season: Summer and autumn.

Magnificently situated on the slopes of the Swiss Jura, dominating Lake Leman, from whose shores it is $1\frac{1}{2}$ mile distant. Air mild and especially suitable to convalescents and weak and anæmic persons. Winter less cold and summer less hot than in other stations in the same latitude. The annual mortality ranges between 21 and 22 per thousand, the average of other European towns being 24 to 30 per 1,000. Lausanne,

with Geneva, has the lowest mortality of any Swiss town. Spring and rock water of finest quality; the supply amounts to 575 quarts for each person daily.

Numerous educational establishments for children of both sexes. University studies can be followed up at the academy. Conservatory

of music.

Very varied, well-shaded promenades; excursions; boating on the lake. English, Scotch, Presbyterian, Catholic and Wesleyan church.

Post and Telegraph Office : Place du Grand Pont.

House and Estate Agent: Amadée de la Harpe, who gives information gratis.

British Vice-Consul: A. Galland, Esq.

Bankers and Exchange Bureau: T. Cook & Son, 1, Ruc Pépinet. Doctors: Drs. Henri Sécrétan, Dufour, W. Niven, Recordon, de Cérenville, Rouge, Dupont, Challand, Largnier, Rogivue, Eug. Sécrétan, de la Harpe, Joël, Heer, Gumand, Rapin, R. S. Taylor (last English).

Hotels: Grand Hotel Richemont, Beau Site, Beau Séjour

Gibbon, &c.

Lausigk.-Germany, Saxony, 3 miles from Grimma.

Strong sulphate of iron waters; unsuited for internal use.

The establishment is good.

Doctors: Drs. Ose and Schumann.

Lauterberg.-Germany, in the Harz, near Nordhausen.

Mild waters and hydrotherapeutic establishment.

Doctors: Drs. Ritcher and Dettmar.

Hotels: Kurhaus, Crown.

Lauterbrunnen.—Switzerland, Canton Berne. Pop. 2,750.

Climatic health resort.

Hotel: Hotel Trummelbach.

Lavey.—Switzerland, Canton of Vaud, near Bex; nearest station, St. Moritz.

Thermal mixed sulphurous waters, 125° F., containing chloride of sodium and sulphate of soda, sulphuretted hydrogen and free carbonic acid.

Season: May to September.

Special indications: Rheumatism, herpes, scrofula.

Good climate. Well-appointed establishment.

Doctor: Dr. Suchard.

Post and Telegraph Office, Telephone.

Leamington.—England, Warwickshire, three hours' rail from London by L. & N. W. Railway.

Saline, sulphuretted and chalybeate waters.

Special indications: Dyspepsia, hepatic colics, portal or nterine congestions, liver complaints, disorders of the kidneys. These waters are once more coming into great prominence; there is a fine pump room and beautiful gardens. Leamington is a great hunting centre.

Hotels: Regent, Manor House, Clarendon.

Lebassère.—France, Department Hautes Pyrénées, near Bagnères de Bigorre.

Cold sulphurous soda waters.

Special indications: Pulmonary, laryngeal and bronchial affections.

This spring is now the property of the Company, who hold the Concession of Bagnères de Bigorre.

Ledesma.—Spain, three hours from Salamanca; 2,600 feet above sea level. Pop. 1,600.

Thermal sulphurous waters, 120° F.

Special indications: Rheumatism and paralysis, muscular and tendinous retractions, neuralgia, skin diseases, sciatica, necrosis, old wounds, chronic ulcers and sores, asthma, bronchitis, chorea, mercurial intoxications, and syphilis.

Frequented by upwards of 4,000 visitors during the season. Good establishment, dating from the days of the Moors. One

of the best in Spain, at moderate prices.

Very good accommodation in the new baths.

There are two large swimming baths and other appliances, which are all up to modern requirements. In this respect the Ledesma establishment may be called the best in Spain. The site is romantic, and the establishments are surrounded by well-kept gardens and a large park. Excursions abound in every direction, and residence is made very agreeable.

Doctor: Dr. Garcia Lopez.

Lee.-England, Devonshire, near Ilfracombe.

Sea baths; sandy beach, chiefly frequented as a summer station. Climate bracing.

Season: June to October.

Leghorn.—Italy, Tuscany, at the mouth of the Calambrone, connected by canal with the Arno. From London vid Boulogne or Calais, Paris and Turin, 36 hours.

Sea baths; also a good winter station.

The climate is almost the same as at Pisa, only a little more moist and exhilarating.

The drinking water is excellent, and the houses being all of more or less recent construction, epidemics, such as occur in other Italian towns, are exceedingly rare.

The existing meteorological observations by Schouw are untrustworthy. It is well known that invalids from the north with delicate chests have remained here for years, with very favourable results.

British Vice-Consul: M. Carmichael, Esq.

Post: Piazza Carlo Alberto.

Telegraph: Piazza Cavour.

Chemist: Galligo, via della Madonna.

Doctors: Dr. Schintz, Dr. Taddei.

Hotel: Grand.

Leipzig.—Germany, second city of the kingdom of Saxony; from London, via Calais or Ostend and Cologne, about 24 hours.

One of the most busily commercial cities of Europe. Chiefly interesting during the great fairs, of which three are held; one at Michaelmas, one on New Year's Day, and one after Easter. It is the centre of the German book-trade, which has an Exchange of its own. Every work, whether book, brochure, or pamphlet, edited in any part of the globe, can be procured here.

OBJECTS OF INTEREST: Kingshall, the University, Buchhändler Börse, Paulinum with the University Library Town

Hall, Theatre, Museum.

Excursions: To residence of Baron Speck, Pleissenburg and Battle Field. Cabs: One to four persons from $\frac{1}{2}$ to $1\frac{1}{2}$ marks by time, $1\frac{1}{4}$ to 2 marks by the hour.

Post Office: Augustus Platz.

British Consul-General: Baron C. C. B. von Tauchnitz, V. C. C. Otto, Esq.

Dentist: P. G. Kneisel.

Doctors: Drs. Thiersch, Trendelenburg, Tillmanns, F. W. Croll (English), &c.

Hotels: Hauffe, Rome, de Prusse, de Russie, de Bavière.

Lemnos .- Greece, Island in the Ægean Sea.

Saline sulphurous thermal waters.

There is only a small grotto, admitting two persons at a time, to bathe in.

Lepanto.-Greece, in the Nomarchy of Akarnania-Ætolia.

Sulphurous and bitter waters.

Season: May to August.

Much frequented; possesses a well-arranged establishment.

Le Plan des Isles.—Switzerland. Aigle station, Canton Vaud, in the Valley des Ormonts. Altitude 3,900 feet.

Climatic health resort.

Hotel: Hôtel et Pension des Diablerets.

Le Prese. - See Prese (LE), Poschiavo.

Léqué Plesin St. Brieuc.—France, Department of Côtes du Nord. Sea bath, sandy beach, climate mild yet bracing.

Hotel: Croix Blanche, at St. Brieuc.

Lès.—Spain, province of Lérida, near the French frontier and Luchon. Sulphate of soda waters, 80° and 45° F. Only frequented by those living in the environs, though there is a tolerably good establishment. Lesbos.—Island in the Grecian Archipelago, also called Mitylene.

Saline waters, 125° F.; about half-hour from the town of Lesbos. Sulphurous thermal waters, near the port of Lebanus.

The baths are taken by both sexes in common; much freedom prevails. The establishments leave room for improvement, while the accommodation is far from what it ought to be.

Lesina.—Austria, Dalmatia, an island in the Adriatic, on the coast of Dalmatia.

Winter station. Grape cure, with sea baths in autumn.

Though one of the best of winter stations, the arrangements for properly receiving patients are still wanting.

Les Avants.—Switzerland, near Montreux; altitude 3,000 feet.

Climatic air station; both summer and winter resort, but most beautiful in the spring.

Hotel: Grand Hotel des Avants.

Leutstetten.-Germany, Bavaria, district of Starenberg.

Indifferent waters.

Very well-arranged establishments.

The scenery is charming and the climate mild.

Levane.-Italy, Tuscany.

Alkaline ferruginous waters, 35° F.

Special indications: Rachitis, scrofula.

Primitive arrangements, but the waters enjoy a great reputation.

Levico.—Austria, Trentino, 15 miles from Trent, on the Brenta, valley of the Sugana; 1,600 feet above sea level. From London vid Ostend-Vienna Express to Munich.

Effervescent ferruginous waters, containing arsenic and

copper. Grape cure.

Season: May to October.

Special indications: Anæmia, chlorosis, incipient affections

of the spinal cord, nervous diseases, irregular menstruation.

The newly-crected bathing establishment has been fitted up with all modern appliances. Natural arsenious, hot air, vapour, electric light and sun baths. The springs rise at Vetriolo. The waters are dull in colour, and are given in very small doses, or hypodermically injected. There are 120 baths. The stay here is very agreeable, and the scenery and vegetation fine.

The waters can be obtained of Messrs. Ingram & Royle, Ltd., 26, Upper Thames Street, London, and at Liverpool and Bristol.

Excursions very varied. Balls, concerts, and other amusements during the season, which is sometimes prolonged through November.

Doctors: Drs. Czerny, Steiner and Tamanini.

Hotels: Kurhouse, Bellevue, Sartori, Comfortable and Albergo Voltilino.

Lichtenthal.-Germany, Baden, near Baden-Baden.

Cold ferruginous waters.

Two establishments, which are fitted up with all modern requirements and elegance.

Special indications: Debility, scrofula, anæmia, chlorosis, menorrhagia.

Doctors: Drs. Berberich, Burger and Seelos.

Lido. - See VENICE.

Liebenstein.—Germany, Thuringia, Saxe-Meiningen; 1,400 feet above the sea level.

Cold ferruginous bicarbonate waters: 0.0775 of earbonate of iron. Climatic air station, hydropathic establishment, whey cure.

Very fashionable resort. Air mild and equable, charming and very picturesque situation. One of the most recherché resorts of German society. Excursions in endless variety.

Doctors: Drs. Fulles and Schreeter.

Hotels: Müller, Martius.

Liebenzell.—Germany, Würtemberg, near Stuttgart; 1,100 feet above sea level.

Light alkali-saline waters, about 80° F. Climatic station.

The establishment is small but elegant.

Doctor: Dr. Schmid.

Hotel: Kurhaus.

Liebwerda.—Austria, Bohemia, near Görlitz; 1,220 feet above sea level.
Alkali-saline, ferruginous, and effervescent waters. Exported.

Whey cure.

The establishment is thoroughly fitted up and accommodation comfortable. The weather is at all times rough, squally, and very humid. Very changeable, owing to the valley being open to the north and east winds.

Doctor: Dr. Plumert.

Hotels: Kurhaus, Black Eagle.

Lierganes.-Spain, near Santander. Diligence from Boo.

Sulphate of lime springs, 50° F. Steam baths.

Special indications: Skin diseases, intestinal derangements, laryngeal and bronchial catarrhs, uterine disorders, vesical catarrhs, rheumatism and scrofula.

The town is situated in a very narrow valley; vegetation is ever green. The establishment is modern, and the accommodation good. There is a kitchen for the use of those who may wish to prepare their own meals, as indeed is customary in Spanish watering-places.

Doctor : Dr. Salazar.

Limpach.—Switzerland, near Berne; 1,200 feet above sea level.

Indifferent water.

Special indications: Neurosis.

The establishment is thoroughly fitted up, and the accommodation reasonable in price.

Limpley Stoke.—England, near Bath. Hydropathy.

Lindau.—Germany, Bavaria, a small island in the Lake of Constance, on the north-eastern shore; 5,600 inhabitants; 1,230 feet above sea level. Climatic station. Very mild and equable air. Milk and whey cure; baths in the lake. Hechelmann's bathing establishment has Turkish, Russian, sulphurous, pine-cone sap, brine baths, and is otherwise well fitted up.

The island of Lindau is in one of the best sheltered and most healthy positions on the lake. Epidemics have never occurred here. Its situation is picturesque, overlooking the lake and the whole panorama of East Switzerland. Its environs will bear comparison for scenery with the best parts of Switzerland. The town of Lindau is very old, and contains many interesting antiquities. It is connected with the main land by the railway bridge and an old wooden bridge. There are sulphurous waters in Schachenbad, half-hour from Lindau.

The island of Lindau has been much beautified of late years. The quays and walls of the town have been converted into promenades and planted with trees. Parks and gardens at the Landthor, Schützengarten. Reichsplatz, and Seehafen are all admirably kept. Steamboats ply frequently to the different places of interest on the lake. Concerts, regimental music, etc., during the season. Museum of antiquities. Good fishing in the lake and the various streams. Reading room at the Harmony Assembly Rooms. Illuminations on the lake. Post and Telegraph office at the station.

Chemists: The Angel. The Deer.

Dentists: Engler, Hofer.

Carriages: Mr. Seutter.

Booksellers: T. Th. Stettner and W. Ludwig.

Doctors: Drs. Volk, Mayr, Kimmerle and Lang.

Hotels: The Hotel de Barière, Hotel Crown, Reutemann,

Lindenfels.—Germany, near Darmstadt (called the Pearl of the Odenwald), 1,600 feet above the sea level.

Climatic health resort. Milk and whey cure.

Lindenfels is situated below the ruins of an old castle, and is the starting-point for many charming and interesting excur-

sions. Lovely walks in the immediate vicinity, through pine and beech forests.

Hydropathic and medical bathing establishment: Pension Villa Maria.

Doctor: Dr. Schmitt.

Hotels: The Victoria (English spoken), Hessisches Hans. Pension, 5 to 6 shillings a day, inclusive.

Tension, o to o sminings a day, increasive,

Lion-sur-Mer.-France, Calvados. Tramway from Caen.

Sea baths, sandy beach.

Season: May to October.

The air is impregnated to a large extent with iodine.

The climate is said to be especially beneficial in skin diseases. Hotels: De la Plage, Du Calvados.

Lipari.-Italy, capital of Liparian Islands.

Alkaline waters, 110° F., but more frequented for its natural steam baths. (The Secca di Bagno, described by Diodorus Siculus.)

Special indications: Gont, rheumatism, and chronic skin

diseases.

No suitable accommodation for invalids.

Lipetsk.—Russia, Government of Tambov.

Effervescent ferruginous waters.

The establishment is good, but the place is visited only by the inhabitants of the neighbourhood.

Lipik.—Austria, Slavonia; 500 feet above the sea level; station, Pakraca, Lipik.
Bicarbonate, soda, and iodurated water, 150° to 155° F.;

iodide of calcium, 0.029; resolvent action.

Very steady and equable climate.

Special indications: Scrofula and syphilis, periostitis, tophi,

psoriasis, cachexia.

The new establishment is thoroughly fitted up and very elegant. The rooms are high and airy, and covered verandahs connect them with the baths, thus avoiding any prejudicial influences from the weather.

The gardens are tastefully laid out, and there is plenty

of amusement.

Doctors: Drs. Kern and Gregoric.

Lippspringe.—Germany, Westphalia; station, Paderbon; 450 feet above sea level.

Effervescent ferruginous waters, 50° F. Climatic station. This station possesses a chamber for inhalation, for catarrhal

This station possesses a chamber for inhalation, for catarrha and phthisical patients.

The town is quiet, and well suited to certain classes of patients.

Season: 15th May to 15th September.

Doctors: Drs. Frey, Everken and Hinsch.

Hotel: Kurhaus.

Lisbetsater.—Norway, province of Throndhjem; 316 metres (1,037 feet).

Air station. Sub-alpine forest climate.

Doctor: Dr. Kraft.

Lisbon.—Portugal, capital of.

Thermal sulphurous spring, 70° F.

Sea baths and climatic winter station.

Several very good bathing establishments.

Formerly much frequented by Englishmen as a winter station; it has been somewhat neglected of late, probably owing to its changeable climate. Its mean winter temperature is 55° F. Mean humidity of the air, 79 per cent. Rainy days in the year, 111, in the winter season, 39'7.

Snow and fogs are unknown.

The drinking water is excellent, and a stay in the town proves very interesting.

Booksellers: Ferin & Co.

British Consul: F. H. Cowper, Esq.

Doctor: Dr. Gimlette.

Hotel: The Avenida Palace.

Lisdoonvarna.—Ireland, county Clare, near Limerick; 430 feet above sea level.

Cold sulphur chalybeate springs; sea baths. The most frequented spa in Ireland.

Season: June to October.

Special indications: Gout, rheumatism and dyspepsia.

Doctors: Drs. Fostor and Mac Garth.

Littlehampton .- England, Sussex, near Worthing and Bognor.

Sea baths, sandy beach, climate dry and mild.

Season: May to September.

Little Haven and Broadhaven. - Wales, Pembrokeshire, or St. Bride's Bay.

Sea baths, sandy beach, climate mild yet bracing.

Season: April to October.

Ljungskile.—Sweden, district of Gothenburg, 16 kilometres (10 miles) from Uddevalla.

Sea baths.

Owing to its sheltered position and its wood-clad heights it is a good place for persons suffering with chest complaints, and weak patients.

Llanberis.—Wales.

Climatic health resort. Starting-place for ascent of Snowdon Hotel: Padarn Villa.

Llandrindod Wells.—Wales, Radnorshire. By L. & N. W. Railway through service from London, Birmingham, Liverpool and Manchester.

Chalybeate, saline and sulphurous springs. The chalybeate contain iron in the form of carbonate. The salines are similar to Homburg and Kissingen, but less strong.

Special indications: Debility, anæmia, nervous exhaustion, consumption, bronchitis, gout, rheumatism, obesity, and diseases of the liver.

Situated on an open plateau at an elevation of 700 feet above the sea, the air is pure and bracing. Streets and houses are lighted by electricity. There are many beautiful walks in the neighbourhood over hills and moors.

Hotels: Pump House, Rock House and Bridge; also private hotels and boarding houses.

Llandudno.-Wales, Carnaryonshire.

Sea baths, much visited; sandy beach, climate dry and mild.

Season: July-September.

A very popular bathing-place; there is a large hydropathic establishment here. Amusements are plentiful in the season—good pier (with two concerts daily), drives to Orme's Head, Conway, &c.; also steamboat excursions.

Hotels: Royal, Imperial, St. George, Marine, &c.

Llanes.—Spain, province of Oviedo, 50 miles from Torrelavega.

Sea baths; two very fine sandy beaches, one for men and the other for women.

Living here is extremely cheap and quiet. Some 500 visitors during the season.

Llanfairfechan (Conway).-Wales, Carnarvonshire.

Sea baths, sandy beach.

Season: July to September.

Hotel: Queen's.

Llangammarch Wells,-Wales, Brecknockshire. From London, eight hours by L. & N. W. Railway.

Mineral springs, containing chlorides of sodium, calcium, and a minute quantity of barium. Total solids about 4½ per 1.000.

The spa is situated in a wide valley, about 600 feet above sea level.

Special indications: Cardiac debility, glandular affections, chronic gout and rhenmatism.

Llangollen.-North Wales.

Climatic health resort, surrounded by beautiful scenery.

Hotels: Royal, Hand.

Llangranog.-Wales, Cardiganshire.

Sea baths. Summer and holiday resort. Climate healthy and cool.

Llanstephan and Ferryside.—Wales, Carmarthenshire.

Sea baths. Extensive sandy beach. Climate mild.

Season: May--October.

Llanwrtyd Wells.-Wales, Breconshire.

Strongly sulphurous and ferruginous waters.

Special indications: Scrofula, scurvy, skin diseases, ulcers, and nephritic affections.

Llo.-France, Department of Pyrénées Orientales.

Sulphate of sodium, 70° F.

Enjoys a very high reputation in the surrounding country.

Lobenstein.—Germany, Thuringia, Principality of Reuss, 1,600 feet above sea level.

Chalybeate waters, 82° to 90° F. Summer station.

 $Special\ indications:$ Anæmia, chlorosis, anchylosis, rheumatism, gont.

Doctor: Dr. Silz.

Hotels: Kurhaus, Bavière.

Locarno.-Switzerland, on the Lago Maggiore.

On a branch line (change at Bellinzona) of the Gothard Railway and Terminus of the Lake steamers.

A climatic station for the winter, spring and autumn.

Whey and grape cure.

This place is celebrated for the beauty of its situation and its luxuriant vegetation. The fact that aloes, camellias, palms of all kinds, oranges and lemons, &c., flourish in the open air is a sufficient proof of the mildness of the winter and of its suitability as a health resort. There is very little wind, frost or snow, and Locarno is remarkable for the number of its sunshiny days.

Dr. A. Martin, Professor at the University of Munich, and Physician to the Bavarian Court, declares Locarno to be—on account of its excellent climate and its hygienic advantages—

"the finest winter station in Europe."

Hotel: The Grand Hôtel is a most luxurious and comfortable home. It stands in the midst of beautiful terraced gardens, about 70 feet above the railway station, and the landing-place of the steamers. Its position is wonderfully

sheltered by the great chain of the Alps and commands charming views of mountain and lake. The hotel has 200 bed and drawing rooms, and is in every way fitted for a winter stay. There is an English church service in the hotel all the year, and a resident physician (see advt. at end).

Near Locarno is the climatic air station of Bignasco (Dr.

Ramonetti).

Doctor: Dr. E. Bally (English).

Lochbachbad.—Switzerland, Canton Berne; 1,810 feet above sea level. Alkali-saline ferruginous waters.

The establishment is thoroughly well fitted up, and the accommodation abundant and reasonable.

Loeches.-Spain, province of Madrid, near Alcala.

Cold sulphnrous water.

Special indications: Scrofula, skin diseases, hyperæmia of liver and spleen, plethora abdominalis, leucorrhæa, chronic syphilis.

The establishment is of recent date, and situated in a large

garden. The accommodation is moderate and prices low.

Doctor: Dr. Lucientes y Pueyo.

Loka.—Sweden, near Philipstad.

Mild ferruginous water.

The establishment is large and surrounded by a beautiful park. The scenery in the neighbourhood is very picturesque.

Loka is famous on account of its excellent mnd baths, known for 200 years past. The mud bath, as applied here, consists of massage with cold mud, followed by a powerful douche. From this place the system has spread all over the country, and as regards efficacy against rheumatic affections, the Swedish mnd bath is superior to any mud bath as applied on the Continent, where the patient descends, and is covered with a more or less warm mud substance.

Doctor: Dr. E. Jacobson.

Longbranch.-United States, New Jersey.

Sea baths on the Atlantic; very fashionable; much frequented.

Season: June to September.

Looe,—England, Cornwall. 25 miles west of Plymouth by rail; 15 miles by sea.

Good beaches; safe bathing.

Two tidal rivers, beautifully wooded, give excellent boating and fishing. Mild winters. Cool summers; lovely marine drives and villas. Good shops, hotels and lodgings.

Los Baños.-Philippines, Island of Luçon.

Sulphurous waters, 200° F.

Very much visited by the inhabitants of Manila.

Loschwitz.-Germany, Saxony, near Dresden.

Climatic air station and holiday resort.

The scenery is very lovely, and it is principally resorted to by Dresdeners.

Doctors: Drs. Kahleyss and Freymuth.

Lostorf.—Switzerland, Canton of Aargaù; 2,200 feet above sea level; between Olten and Aarau.

Cold sulphate of lime waters, consisting of three springs, with free carbonic acid and sulphuretted hydrogen gas.

Laxative action.

The establishments are efficient, and the sojourn pleasant.

Doctor: Dr. Cartier.

Louèche-les-Bains (or Leukerbad).—Switzerland, Canton of Valais. Is a small village situated in the middle of the Dala Valley, of about 700 German-speaking inhabitants.

Thermal waters; more than 20 springs. The St. Laurent spring gives 380 gallons a minute, 124°25 F. The Bains de Pieds (102°6 F.), Guéresaus (120°), and Lepreux (106°) are among the other most important sources. According to Lunge's analysis there are 30.4 grains of various salts in a gallon of water, including sulphate of lime 22.6, sulphate of magnesia 4.2, sulphate of soda 1.3, and carbonate of lime 1.5.

Season: June to September.

Number of visitors annually, about 6,000.

Special indications: Chronic rheumatism, gout, stiffness, rheumatic paralysis and neuralgia; chronic metritis; skin diseases; chronic eczema and chronic psoriasis are amongst the diseases most frequently treated by the Loueche baths.

Situation: The baths of Louèche are placed in the centre of a circle of high mountains: to the north, the Gemmi pass (7,685 feet above sea level); to the east, the first slopes of the Torrenthorn (9,900 feet) and of the Balmhorn (12,250 feet); between these two the Gizzifurgge glacier pass lies; to the west again huge tower-like rocks. It is difficult to find a more imposing landscape. The valley between these wild rocks is covered with fine meadows and forests which ascend up the sides of the mountain. If the view is fine on a bright sunny day, it is one which cannot be forgotten when the moon shines on these strange rocks.

Post and Telegraph Office: With efficient service.

Churches: English church, Roman Catholic church (parish

church). French and German Protestant services.

Hotels: 1st Class—Hôtel des Alpes; Hôtel de la Maison Blanche, and Hôtel du Grand Bain. 2nd Class-Hôtel Bellevue : Hôtel de France, and Hôtel de l'Union. Hôtel des Frères Brunner, and Hôtel Guillaume-Tell.

eight hotels are under the same Direction; 900 beds. Three hotels and one bath-house are reserved specially for tourists.

Doctors: Drs. Brunna, Rey, Mengis, de Werra.

Loujo.—Spain, at the mouth of the Arosa, province of Pontevedra.

Bitter saline water, 60 to 120° F.

Special indications: Rheumatism, contractions, paralysis, hemiplegia, scrofula, skin diseases and gunshot wounds.

The establishment is situated on an island in the Atlantic, half-an-hour from the shore. Vegetation is abundant and the accommodation cheap. The bathing arrangements are very inadequate.

Doctor : Dr. Avila.

Lovisa-Russia, Finland, six hours from Helsingfors.

Hydropathic establishment.

The most frequented hydropathic establishment in Finland, with excellent baths. Cheap living.

Doctor: Dr. Ohmann.

Lowestoft.-England, Suffolk, 10 miles from Yarmouth.

Sea baths; firm sandy beach mixed with shingles. Climate bracing.

Season: June—September.

Hotels: Empire, Royal, &c.

Lu. - Italy, Piedmont, near Alessandria, district of San Salvatore, Monferrato.

Saline, sulphurous, and iodurated waters; mineralisation 3 grammes. Deserves to be better known. Mud baths.

The establishment is primitive.

Lucca.—Italy, Tuscany.

Thermal sulphate of lime waters, 70° to 125° F. Ten springs, very abundant.

The baths are about 13 miles from the town, at the foot of the Apennine mountains. Reached by tram.

Fine climate, beautiful site, and agreeable sojourn.

Special indications: Herpes, rheumatism and gout.

Doctors: Drs. Marchi, Chernbini and H. Danvers (English). Hotels: D'Europe, d'America, New York.

Lucerne.—Switzerland, capital of canton of same name; from London viá Basel, 21 hours. Population 21,000.

Is charmingly situated on the bank of the Lake of the Four Cantons, and is the terminus of the Gotthard Railway on this side of the Alps. A very old town, with walls; divided into two parts by the Reuss, almost alongside the Righi and opposite Pilatus.

Excussions on the lake to the Righi, Stanstadt, Bürgenstock, Engelberg Seeligsberg, Mount Pilatus, Beggenried, Brunnen, Schönegg, and many others. To the Bernese Oberland, vid the Brünig Pass to Brienz,

Meyringen, Grindelwald, and Interlaken.

Cabs: Half hour, one or two persons, 80 c.; three or four persons, 1. fr. 20 c.; by hour, 2 or 3 frs. Post and Telegraph Office: Near Schweizerhof.

British Vice-Consul: L. Flack, Esq.

Bankers and Exchange Bureau: T. Cook & Son, Schweizerhof Platz : Société de Credit.

Doctors: Drs. Stöcker, Albuzzi, Nager and Steiger. Hotels: National, Schweizerhof, du Lac, d'Angleterre, &c.

Luchon (Bagnères de).-France, Department of Haute Garonne, near the Spanish frontier. 2,075 feet above sea level. From London viâ Paris and Toulouse, Orléans Railway, 26 hours.

There are more than 50 different springs, rich in hydrosulphuric acid; also ferruginous waters and one alkaline spring;

sodio sulphuretted, 60° to 150° F.

Season: June to September.

Special indications: Rheumatism, scrofula, affections of the bronchi, skin diseases, and chronic sores.

Luchon is one of the most frequented of bathing stations, and affords every comfort and luxury.

Doctors: Drs. Estradère, Ferras, Valdès, Azémar, Le Juge de Segrais, Dulac Barrié, Audubert Barrié, Doit-Lambron and Vignaux.

Hotels: The Hôtel d'Angleterre, Grand Hôtel du Casino. Bonne Maison, France, Londres, Parc, &c.

Lucska.-Hungary, comitat of Liptau, near Rosenberg; 1,900 feet above sea level.

Ferruginous waters, 80° F. Climatic station.

Season: June to September.

The site is most picturesque, and the surrounding vegetation consists chiefly of pine forests. The establishments are fitted with all modern requirements, but more should be done for the accommodation, seeing the waters attract so many visitors.

The springs yield very abundantly.

Hotels: Belle Plage, du Soleil Levant.

Lugano. - Switzerland, Canton of Tessin, on the Lake of Lugano; altitude. 1.000 feet.

Intermediate station, with fine climate, beautiful situation on the lake. Grape cure.

Season: Spring and autumn.

Mean humidity of air in winter, 72°; 48 to 50 rainy days, 31 windy days. Snow frequent.

Hotels: du Parc, Splendid, St. Gotthard, &c., &c.

Near Lugano is Soragno, in the Cassaratt Valley, at the foot of Mount Boglia, and Bovio with a ferruginous spring. Both health resorts. Lugano is starting point for Monte Salvatore and Mount Generoso, both with railways up.

Doctors: Drs. Cornils and Zbinden.

Luhatschowitz.—Austria, Moravia; station, Ungarisch-Brod; 600 feet above sea level.

Alkali-muriatic, iodide and bromine waters. One of the strongest springs known.

Season: 15th May to 30th September.

Special indications: Affection of the respiratory and digestive

organs and urinary disorders.

The establishment is thoroughly fitted up. Parks, gardens and covered walks of great extent give Luhatschowitz the appearance of a station of first importance. The accommodation is excellent, and moderate in price.

Doctors: Drs. Gallus and Küchler.

Hotel: Kurhaus.

Luisenbad.-Germany, near Thal, Thuringia.

Chalybeate waters; mnd baths.

Special indications: Rheumatism, anchylosis, articular affections.

Doctors: Drs. Pollitz and Michaelsen.

Hotel : Kurhaus.

Luisenthal.—Germany, Saxe-Coburg, 5 miles from Ohrdruf; 2,500 feet above the sea level.

Climatic air station, hydropathy and resinous baths.

The accommodation is good and moderate in price.

Doctor: Dr. Wirtgen.

Lukhas.-Greece, four hours from Libadia.

Saline waters.

The establishment is in the convent of St. Lukhas, where good accommodation can be had.

Lulworth, West.-England, Dorsetshire, near Wool.

Sea baths frequented all the year round.

Climate bracing, in winter warm.

This is a charming and secluded spot. Many pleasant excursions can be made.

Lundsbrunn.—Sweden, seven miles from Skara.

Ferruginous water.

An excellent ferruginous spring, with good bathing establishment and charming situation, near the picturesque tourists' resort, Kinnekulle. A much-frequented place.

Doctor: Dr. Södermark.

Luterswyl.—Switzerland, in the Jura region; altitude 1,950 feet, Climatic health resort.

Doctor : Dr. Arni,

Luxburg.—Switzerland, Canton Thurgau, near Salmsach, on the Lake of Constance; 1,200 feet above sea level.

Sulphurous alkaline ferruginous waters.

Ample establishments.

Luxeuil.—France, Department of Hante Saône, 1,300 feet above sea level. Twelve miles from Plombieres, near the Vosges mountains. Population 5,000. From Paris by East of France line to Mnlhouse, and St. Loup in about 11½ hours.

Saline ferruginous and magnesian waters. Seventeen springs, of from 70° to 125° F. There is a large ladies' bath,

and good swimming baths.

These waters act first as excitants, then as sedatives.

Special indications: Neuralgia, rheumatism, paralysis, gastralgia.

Doctors: Barbaud, Ganthier, &c.

Hotel: Hôtel des Thermes.

Luxor.-450 miles south of Cairo, Upper Egypt, on the right bank of the Nile, opposite the rains of Thebes.

Season: December to March.

Luxor is reached in 15 hours from Cairo by train furnished with sleeping cars. Also by tourist and mail steamer, stopping at various places of interest en route.

Climate: Rain falls once in one or two years, and there is no known health resort which can approach the climate of Upper Egypt in dryness. The relative mean humidity by day during the four winter months is only 36 per cent.

Attractions: Temples of Karnak and Luxor, Medinet Habou, Ramesseum, Tombs of the Kings, Colossi, &c.

Doctor: Drs. Elcum and Rowntree.

Hotels: Grand, Karnak, Luxor, Mewfikeeh.

Lyme Regis.—England, Dorsetshire, near Bridport.

Sea baths; firm sandy beach.

Season: July to August.

Lymington.—England, Hampshire, near the New Forest. South Western Railway, change at Brockenhurst.

Sea baths; sandy beach. A favourite yachting centre opposite to Yarmouth in the Isle of Wight.

Lynmouth (and Lynton).—England, on the West coast, near Ilfracombe; 430 feet above sea level.

Frequented sea baths; sandy beach.

Mild but bracing climate.

Season: July to August.

Hotels: Valley of Rocks Hotel, Tors Park Hotel.

Lynton. - See LYNMOUTH,

Lysekil.—Sweden, Gothenburg Government district, four hours from Gothenburg.

Sea baths. One of the chief seaside health resorts of Sweden, with excellent accommodation, and splendid situation at the mouth of the Gullmarf Fjord. Excellent yachting.

Doctors: Drs. Wide-Murray, Llandelius.

Lytham.—England, Lancashire, near Blackpool.

Sea baths; sandy beach; climate very mild. Season, all the year.

Mablethorpe.-England, Lincolnshire, near Sutton, R.S.O.

Sea baths; firm sandy beach; bracing air.

Season: June to October.

Macerato.-Italy, Tuscany, district of Siena, on the Merse.

Alkaline sulphurous waters, 150° F.

Season: June to September.

Special indications: Gout, rheumatism, paralysis, skin diseases.

The situation is very fine. piscine, and the baths are taken in common. Frequented mostly by the neighbouring inhabitants and by those of the Maremna.

Macolin.—Switzerland, Canton Berne, reached by Funicular Railway from Biel; 3,000 feet above the sea level.

Climatic health resort.

Macviller .- Germany, Alsace-Lorraine.

Cold saline waters; little used.

Mád.—Anstria-Hungary, comitat of Zemplin, near Szerencz.

Sulphurous, ferruginous and aluminous waters.

A small bathing establishment.

Madeira.—Island in the Atlantic, near the Moorish coast, a Portuguese possession, north of Teneriffe.

By steamer from Southampton in 34 days, from Lisbon in 48 hours.

Winter station.

The climate is delightful, and there is absolutely no winter. Complete absence of dust, an ever-Inxuriant vegetation, no bad drainage, a pleasant humidity, and a mild, equable and pure atmosphere, are the principal advantages which Funchal, the capital, offers. Madeira is included in the Postal Union, and there are almost daily steamers to Europe from Africa, Brazil, and the Cape. Now that a breakwater and pier have been built, landing is rendered safe and easy in all weathers.

The town of Funchal, except in the quarter close to the seashore, resembles a large garden. The view of it obtained from the sea is very beautiful, the town being built in the form of an amphitheatre. It is completely sheltered against north, north-east and north-west winds by mountains which rise to a height of 6,000 feet. During the whole year both northern and tropical fruits ripen. Though the rainfall is comparatively heavy, it very seldom lasts for more than an hour or two, and invalids can consequently take outdoor exercise during some hours every day. The mountains possess also excellent summer stations in the pine woods.

Mean temperature, 61° F. The mean barometric pressure is 30 inches; the mean humidity of atmosphere 70%. Weather statistics are—170 clear days, with bright sun; 110 with a cloudy sky, and 70 rainy days. The thermometer stands at an average 10° to 15° higher than on the Riviera in winter, and proportionably lower in summer. Death-rate 29 per thousand. Locomotion in the town and its environs, and on excursions (which are numerous), is effected by means of palankins, hammocks or sledges,

drawn by oxen, mules or horses, and excellent saddle horses.

Amusements are amply provided for, and although a stay in Madeira may be called on the whole quiet, patients will find ample recompense in a delightful climate and scenery.

The slight difference (viz. 10° to 12°) between the mean of the coldest and hottest months, shews how equable the climate of Funchal is.

The mosquitoes, which annoy on the Riviera as early in the year as April, are entirely absent. Indeed Madeira, especially its southern slopes, might with justice be called "The Sanatorium for Phthisical patients."

English Church Service: Bella Vista.

British Consul: J. B. Spence, Esq.

Bankers: English merchants generally, who hold agencies for the principal European banks.

Chemists: Two English.

Doctors: M. C. Grabham, B. R. Conolly, and J. G. Scott, (English doctors); also Professors Goldschmit, Larica, and Machado.

Hotel: Reid's.

Madonna a Papiano.—Italy, Tuscany, near Caprese, valley of the Teverino.

Alkaline-ferruginous waters.

A small establishment.

Madonna dei tre Fiumi.—Italy, Tuscany.
Cold bicarbonate of soda waters.

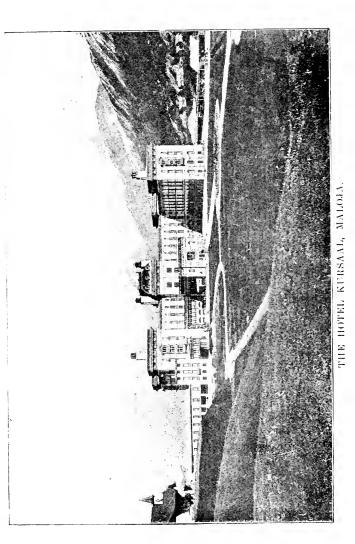
Special indications: Calculous affections.

Maiori.-Italy, close to Amalfi.

Winter, autumn and spring station.

Special indications: Phthisis, lung complaints.





Hotel: Hotel Torre, twenty minutes from Amalfi, is situated in the midst of orange groves, overlooking the sea, and will be found exceedingly comfortable, with moderate charges.

Malaga .- Spain, on the Mediterranean coast.

Winter station. Fine mild, dry and warm climate.

Mean winter temperature, 55° F.

If more were done to make visitors comfortable, Malaga would soon become a serious competitor to the stations on the Riviera.

British Consul: A. Finn, Esq. British Vice-Consul: C. Cowan, Esq. Doctor: Dr. Visick (English).

Mallow .- Ireland, county Cork, on the Blackwater.

Climatic resort, with thermal springs, 70° to 71° F. The only thermal spring in Ireland.

Special indications: Pulmonary, choleric, stomach and uri-

nary complaints.

Situated in the Valley of the Blackwater, and sheltered by the great mountain ranges of Bautry and Kerry, Mallow boasts of a mild, equable climate; the quicksilver seldom descends to freezing point, snow rarely falls, and never lies for any length of time. The summers are perhaps still more remarkable for their coolness, so as to render the mean annual temperature singularly even.

The thermal spring rises in considerable volume from the base of a limestone hill, and is received into an open marble basin; the water is practically invariable in temperature and sensible qualities. The pump room is an ornamental structure

in the style of a Swiss châlet.

The vicinity of Mallow is delightfully cheerful, walks and drives can be made in every direction, and numberless excursions are to be had; several good chalybeate springs are to be found within easy reach.

Maloja.—Switzerland, Upper Engadine. 12 miles from St. Moritz. About 12 hours by diligence from Coire, Thusis or Davos Platz.

A summer station, in a most charming Alpine valley.

Climate: Bracing, snnny and very dry, with low barometric pressure; altitude 6,000 feet above sea level.

Season: June 15th to September 15th. Hotels closed the rest of the year.

Special indications: Debility, convalescence, overwork, inci-

pient lung diseases and nervous derangements.

The village of Maloja consists of a group of châlets and hotels situated in one of the most lovely spots in the world. It is here that the Engadine Valley terminates very abruptly. Looking east, one sees the chain of small lakes, ending with the "Silser See" at Maloja, hemmed in on each side by mountains

whose peaks are above the perpetual snow-line. To the west there is a sudden and precipitous descent, the beginning of the Val Bregaglia, the lowest pass from Switzerland into Italy. The road is cut in zigzags, and falls about 4,000 feet in some 12 miles. From almost any point at Maloja the views are magnificent, and the drive from St. Moritz down the Maloja Pass to Chiavenna takes one through a panorama of such diversity and beauty that it would be difficult to equal it anywhere. In a few miles the cold thin air and scantily pine-clad slopes of the high Alps are exchanged for the heat and luxuriant vegetation of the Italian plains.

Doctor: Dr. S. A. Tidey (English).

Hotels: Hotel Kursaal (see advt. at end) and Osteria Vecchia (Swiss).

Malta.—Island in the Mediterranean, between Sicily and Tunis. From Marseilles or Naples; also direct steamers from London.

Winter station; sea baths.

Special indications: Early stage of phthisis, neurasthenia, anemia and convalescence.

Bankers and Exchange Bureau: T. Cook & Son, 308, Strada Reale, Valetta.

Doctors: Drs. Gatt, Mifsud, R. Samut, R. P. Samut (English), and Pisani.

Malvern.—England, Worcestershire, 129 miles from London, three hours by rail; 5,800 inhabitants; 502 feet above sea level.

The waters are slightly alkaline and earthy, and range from 40° to 42° F., but Malvern is chiefly celebrated for its brine and saline baths.

Season: May to October.

The number of visitors is above 50,000 annually.

Special indications: Acute and chronic rheumatic gout and rheumatism, and their various sequelæ as a speciality, scrofulous disorders, neuralgia, sciatica, lumbago, &c.; swellings of the joints, contractions and anchylosis, paralysis, morbus Brightii, bronchial affections and chest complaints, skin diseases, old wounds.

The town of Malvern is beantifully situated on the slopes of the Malvern Hills, which rise to the height of 1,500 feet above the sea level. These hills are traversed by roads and paths easy of ascent. From their summit a succession of the grandest and most picturesque views in the United Kingdom, embracing 12 different counties, can be obtained.

The town consists of Great and Little Malvern, which are about 3 miles apart. The picturesqueness of the site and surroundings of Malvern have been celebrated in prose and verse by Byron, Walpole, Southey, Browning and Macaulay.

The Malvern air is dry and bracing, the climate tonic and stimulating, and the temperature equable. The drinking water is of absolute purity and softness. The sanitary arrangements are based on the best scientific principles. Debilitated constitutions and overworked literary and business men, after a residence here of only a few weeks, often return completely restored to health.

The environs afford an ample field for beautiful excursions, more perhaps than any other portion of the kingdom. A few of the most important may be mentioned here:—The Beacon, Malvern Abbey and Avecote Monastery, Eastnor and Bransil Castles, Ledbury, Westwood Park, Claines, Kenlip, Upton, British Camp, and Cowley Park.

Hydropathic establishment, formerly known Rayner's, now kept by Dr. Ferguson.

Hotels: Foley Arms, Abbey, Westminster Arms.

Mammern.-Switzerland, Canton Thurgan, near Schaffhausen; 1,250 feet above the sea level.

Climatic air station, hydropathic establishment.

Steam and Turkish baths, whey, milk and grape cure.

Doctor: Dr. Ullmann.

Margate.-England, Kent. Pop. 18,000, with about 30,000 visitors. By S.E. and L. C. & D. Railways in 21 hours.

Sea baths; firm sandy beach.

Season.—May to October.

Climate.—Bracing and dry. Rainfall 23:13. Wet days 172. Special indications.—Strumous and delicate children and adults do well here.

Margate has long been one of the most frequented sea bathing stations on the English coast, and it remains as popular as ever. It is easy of access from London, and accommodation is provided to suit every purse. It has a noted beach for bathers, where also may be found all sorts of entertainment for young and old. Sanitation and water supply are satisfactory, and the town authorities are constantly carrying out improvements for the benefit of their visitors.

Amusements.—Everything is provided for the entertainment of visitors that seems possible, from boating, golfing, bathing, cycling, to the usual beach entertainments. Excellent music is provided on the piers and promenade. There are also public concert and promenade halls, with various good entertainments, and an excellent theatre.

Hotels: Royal York, Cliftonville, Metropole, &c.

Mariabrunnenbad.-Germany, Bavaria, half-an-hour from Munich, 1.500 feet above sea level.

Effervescent earthy waters.

The bathing establishment is very efficient, and affords at the same time good accommodation.

Marienbad.—Austria, Bohemia, near Eger; altitude 1,912 feet; population 4,000; number of visitors about 20,000. From London by Ostend to Cologne (Calais or Flushing), Wurzburg. Nürnberg and Eger in 30 hours.
(1) £5 15s. 5d.; or by Hook of Holland, Cologne, &c., in 41½ hours.
(1) £5 8s. 2d.

Season: May to September.

Ferruginous waters.

Iron mud baths.

Special indications: Chlorosis, poverty of the blood.

Eight cold glauber salts springs similar to those of Carlsbad, and used for diabetes, gout, and obesity, also for organic diseases, as chronic catarrh of the stomach and intestines, plethora of blood, catarrhic jaundice, gallstones, piles.

The situation of Marienbad is such that the noonday sun has unlimited access, whilst the west, east and north winds, as well as severe storms, are kept off by the surrounding wooded

mountains.

The mud baths are specially used in exudations in the joints, the peritoneum, and in perimetritis, as well as in rheumatism of the muscles and diseases of the peripheral nerves; they are the most powerful of all known iron mud baths.

There are covered promenades for exercise, and a good

theatre, concert hall and reading room.

These waters can be obtained of Messrs. Ingram & Royle, 26, Upper Thames Street, London; and at Liverpool and Bristol.

English and Scotch churches.

Hotels: Hôtel Imperial, Hôtel Weimar, Englischer Hof, Klinger and Casino.

Doctors: Drs. Von Basch, Ott, Kisch, Herzig, &c.

Marienlyst.—Denmark, near Helsingor, two hours from Copenhagen. Sea baths.

More to be looked upon as a charming place for tourists, and a pleasure resort for residents of the Danish capital, than a health resort. Good sandy beach.

No arrangements for hot baths.

Markammer.—Germany, Bavaria, near Neustadt.

Grape cure station.

Season: September to October.

Good accommodation.

Marlioz.—France, Savoy, close to Aix-les-Bains; 800 feet above sea level. Sulpho-sodic and bromo-iodurated waters, 30° F.

Bathing, drinking, and inhalation.

Special indications: Skin diseases, struma, and affections of the larynx.

Marseilles .-- France, Department of Bouches du Rhône.

Sea baths; sandy and shingly beach. Climate fine.

The bathing establishments are very good, and are fitted up with every luxury, but the town is capable of great sanitary improvement, and invalids are not recommended to remain here long.

British Consul: M. C. Gurney, Esq.

Vice-Consul: N. C. Haag, Esq.

Bankers and Exchange Bureau: T. Cook & Sons, 11B, Rue Noailles.

Doctor: Dr. Seanx.

Hotels: The Terminus Hotel and Grand Hôtel de Marseille.

Marstrand.-Sweden, two hours from Gothenburg.

Sea baths; the most frequented in Sweden.

Season: June to September.

Martigny .- Switzerland, Canton Valais, 41 m. from Lausanne; 5,000 feet above sea level.

Starting point for the Tête Noir, 4 hours; and Col de Balme, 5 hours; leading to Chamounix, 8 hours; to the Gorges du Durnau, 1 hour; and numberless other excursions; the Grand St. Bernard, 8 hours.

Hotel: The Hôtel Clerc.

Martigny -les-Lamarche.—France, Vosges, near Neufchateau, vid Lanques; six hours from Paris; altitude 1,200 feet. 1,300 inhabitants. Alkaline cold sulphate of lime waters, 52° F.

These waters are noted for containing a large amount of There are three springs, good bathing establishment, theatre and easino. The surrounding country is exceedingly picturesque.

Special indications: Gout, gravel and bladder diseases, prostatic enlargements.

Doctors: Drs. Dedet and Harmand.

Hotels: Chalet Chateau, Grand Hôtel de l'Etablissement,

Alsace. The hotels are very reasonable.

Martres de Veyr (Les).-France, Department of Puy de Dôme.

Bicarbonate of soda ferruginous water, 50° to 85° F. Mildly purgative.

Masino.—Italy, Lombardy, six hours from Chiavenna; 3,270 feet above sea level.

Saline waters, 100° F.

Special indications: Nervous affections.

The establishment is very antiquated, and the visitors have considerably decreased in number of late years.

Massa,-Italy, near the Bay of Genoa.

Sea baths; sandy beach.

Only frequented by the inhabitants of Genoa and its environs.

Matlock.-Derbyshire.

There are two Matlocks, distinguished from each other by the names, Matlock Bath and Matlock Bridge. stations, about a mile apart, on the Midland line between Derby and Manchester.

Matlock Bath .- From St. Pancras in 31 hours, 144 miles; Manchester, 45; Sheffield, 23; Buxton, 22; Derby, 16.

Thermal springs 68° F.

One of the most sheltered towns in England. An excellent summer and winter station. Altitude ranging from 300 to 1.300 feet above sea level.

The water contains 33 grains solids per gall., chiefly calcium and magnesium carbonate and sulphate, with chloride of sodium and free carbonic acid gas. There are large swimming baths and good shower and douche arrangements.

Season: May to October.

Climate: Invigorating, dry and bracing. The town is built on a hill which attains the height of 1,300 ft. above sea level, and some 900 ft. above the river bed. Average rainfall Mean temperature: summer, 62°; winter, 45°; annual, 53.25° (at 9 a.m. in the shade). Water, soft and pure.

Special indications: Rheumatism, gout, rheumatoid arthritis, catarrh-bronchial, gastric or enteric, nervous disorders and hysteria, early phthisis, anæmia, chlorosis and cardiac asthenia, chronic diseases of the liver and kidneys, and

digestive and bilious disorders.

Matlock Bath is dependent for its popularity mainly on its thermal springs and for the beauty of its situation, recalling as it does, in many respects, the most charming features of some of the lower Swiss Alpine stations. It lies in the sheltered bend of a deep gorge, through which flows the river Derwent. The numerous lofty "Tors" and abrupt escarpments of limestone rock serve to enclose one of the most lovely reaches of river, wood and dale scenery in England.

Amusements: There is a large pavilion in which a band plays, and concerts are given during the summer, and a promenade by the side of the Derwent. An excellent centre for excursions, frequent trains and coaches running to many interesting places-such as Haddon Hall, Chatsworth, Dovedale, etc.

Hotel: Royal Hydropathic Hotel.

This hotel has lately changed ownership and is now under entire reorganisation. Furnished in modern style, and provided with electric light and lift, it is one of the best Spa hotels. The baths, douches and hydropathic arrangements are all easy of access by lift from each floor, so that invalids do not have to go outside for treatment. It is the only establishment in the district where the waters of the celebrated Matlock thermal spring are available, the source of the spring being in the hotel grounds. There are most complete facilities here for treatment by fango or mud packs and baths, douches and compresses of every description. (See advt. at end.)

Matlock Bridge.-One mile by rail from Matlock Bath.

Hydropathic establishments.

Season: All the year; best from May to October.

Matlock Bridge, known also as Matlock Bank, owes its present existence as a flourishing little town to the late John Smedley, who in 1853 inaugurated a small establishment for the administration of the "water cure," by means of which he had himself been restored to health. So many came to be treated that additional accommodation had to be provided, until at the present day a colossal building, replete with every modern equipment for the comfort and relief of visitors and patients, stands on the site of the original six-roomed house. During the last 30 years (since the death of Mr. Smedley) the treatment has been conducted under medical supervision, and some 7,000 visitors and patients are annually received at the parent institution alone, in addition to which quite a number of smaller establishments have sprung up in the vicinity. A cable tramway, recently laid down, and now working successfully, greatly facilitates the ascent of the very steep incline from the station to the establishment.

The treatment comprises Turkish, Russian and electric baths, rain, needle, spray, sponge, hip, sitz and foot baths, douches of all sorts, including the "Aix douche," vapour and hot air baths, massage and galvanism. (See advt. at end.)

Amusements: Band in public gardens in summer, pavilion with concerts, etc.

Mattigbad.—Austria, Upper Austria, near Moos; 1,200 feet above sea level.

Ferruginous waters, climatic station in summer.

Very sheltered position, mild and pure air.

The establishment is thoroughly well fitted up, and affords ample and comfortable accommodation.

Doctor: Dr. Steininger.

Medevi.—Sweden, Government District of Linköping; 13 hours from Motala.

Ferruginous water of different strength.

Special indications: Debility, nervous disorders, anæmia, chlorosis.

The establishment is thoroughly well fitted up, and the accommodation is comfortable.

Medevi is the oldest health resort in Sweden, established in 1678. The situation is very picturesque, near the Wette Lake. Mild forest climate. Good baths, and particularly good mud baths.

Doctor: Dr. Alfred Lavertin.

Meggen.—Switzerland, near Mayne; altitude 1,600 feet. Bathing establishment and swimming school.

Pension Gollheben.

Near here is Küssnacht.

Mehadia, also Herculesbad.—Austria-Hungary, province of the Danube, near Mehadia. From London as to Budapest in about 36 hours. Alkali-saline sulphurous waters, 80° to 130° F. The volume of water is larger than that of any known spring in Europe.

Season: 1st May to 1st October.

Special indications: Affections of the respiratory organs, skin diseases, syphilis, icterns, dropsy, mercurial dyscrasia.

Most frequented bathing place in Hungary.

Doctors: Drs. Brunn, Popovic, Csabatáry and Vina.

Hotel: Kurhaus.

Meidling.—Austria, near Vienna, on the route from Vienna to Trieste. Sulphurous waters.

A well-appointed establishment, with theatre, concert hall, and comfortable accommodation.

Meinberg.—Germany, Lippe-Detmold, near Pyrmont; station Detmold. 638 feet above sea level.

Mixed sulphurons waters and mud baths.

Special indications: Rheumatic affections, female complaints and scrofula.

Very well-appointed establishment.

Doctor : Dr. Hoffmann.

Hotels: Red House and Kurhaus.

Meiringen.-Switzerland; six hours from Berne; altitude 700 feet.

Climatic health resort.

Doctors; Drs. Renggli and Schneider.

Hotel; Reichenbach.

Melcombe Regis.—England, Dorsetshire, on the South coast, near Weymouth.

Sea baths; firm sandy beach.

The beach is very steep and the surf heavy.

There is a spring slightly sulphurous here; the waters are mixed with warm sea water.

Melrose.-Scotland, Roxburgh.

The Waverley Hydropathic Establishment.

Hotel: The Abbey Hotel.

Meltingen.-Switzerland, Canton Soleure.

Cold ferruginous bicarbonate waters. These waters are tonic A much-frequented and well-appointed establishment.

Menaggio.-Italy, Lake of Como, near Cadennabbia.

Climatic health resort.

Season: Spring and autumn.

Special indications: Nervous disorders and chest diseases.

In a beautiful situation on the Lake of Como, opposite Bellagio.

English Church services in the season.

Doctor: W. S. Eccles (English). Hotels: Victoria and Menaggio.

Mentone.—France, Department of Alpes Maritimes, near the Italian frontier. From London by Calais, Boulogne or Dieppe, to Paris, Lyons, Marseilles, Toulon, Cannes, Nice and Mentone in 2s to 30 hours; (1) about £7 10s., (2) £5; Return, £10 7s. 11d.

Winter station of first importance, and sea baths.

Winter Season: October to May.

Summer, or sea-bathing Season: May-October.

Special indications: All forms of chest diseases, consumption, bronchitis, chronic laryngitis; nearly every form of rheumatism; all cachectic diseases, and general debility; it also suits admirably very young or very old persons.

Mentone lies at the foot of the Maritime Alps, on the strip of shore to which the name of Riviera, or Cornice, has been given, and which extends from Hyères to Genoa. It is a small town of 10,000 inhabitants. Latitude, 43° N., longitude, 11° E.

The coast line of mountains here rises to an elevation of 4,000 feet or more, and, receding, forms a sheltered amphitheatre, well protected from the north, north-east, and north-west winds. The scenery is more picturesque than in any other portion of the Riviera. The mingling of mountain and sea, and olive-clad hills, intersected by innumerable charming valleys, is indescribably lovely, and must be seen to be realized. The flora is varied, and spring or summer reigns even in winter. The watershed of the country—the mountain masses—are formed of secondary white limestone. But tertiary sand and gravel enter into the soil and diversify vegetation in a very charming manner.

The climate is milder than in any other portion of the north shore of the Mediterranean, as shown by the presence of forests of lemon trees which creep up the hillsides to a considerable elevation. Nowhere on the northern Mediterranean shore does the lemon-tree grow with equal luxuriance. It is a tropical tree which cannot bear more than three or four degrees of frost without perishing. The fruit is destroyed by even one or two degrees. At Mentone, lemon-growing is the chief agricultural industry.

The most trustworthy meteorological data respecting the winter climate of Mentone are those given by Dr. Henry Bennet, in his well-known work: "Winter and Spring on the Shores and Islands of the Mediterranean," 5th edition. They are founded on fifteen years' personal observation; for November his mean temperatures are min. 49.2°, max. 60.1°; December, min. 442°, max. 551°; for January, min. 428°, max. 53°; for February, min. 43.5°, max. 55.7°; March, min. 45.3°, max. 59.3°; April, min. 50.8°, max. 66.3°. The mean minimum for the six winter months is thus for fifteen years, 45.9°; the mean maximum, 58.2°. The combined mean for the six months during fifteen years is 52° F. During this period, observations were daily made of the hygrometric state of the air with wet and dry bulb thermometers, and a mean of 5.1 was obtained. corresponds to 68 % of dryness—saturation being 100°, with a temperature of about 58°, and implies moderate dryness in the air. In the winter there are no sea or land fogs, although sea fogs are occasionally observed in May and June. The average number of days on which rain falls-little or much-is, according to Mr. Brea, about 81 in the year. The amount of rainfall is about 24 inches. (Farina.)

The climatic conditions above described render Mentone an exceptionally valuable winter resort in all diseases and in all conditions of health in which a dry, sunny, mild winter climate is required. There is a peculiar condition connected with the climate of Mentone, which Dr. Henry Bennet was the first to point out. The moisture-laden sea breeze, which is drawn in daily by the sun's heat in cloudless weather, is arrested by the amphitheatre of mountains, which it cannot pass. The colder atmosphere of the elevated regions condenses its moisture, and so forms a haze over the landscape from about 11 a.m. condensed vapours soften the atmosphere in an exceptional manner, and no doubt explain the fact of so many invalids improving, or even getting well at Mentone, while other regions of the north Mediterranean coast and the Riviera disagree with The rapid changes of temperature common to Nice, Cannes and Hyères, are less noticed here, temperature being more equable.

The drainage has improved of late, owing to the united efforts

of the medical men and the municipal authorities.

MERAN. 195

English churches.

Post and Telegraph office, Rue St. Michel.

British Vice-Consul: H. H. Hill, Esq.

Bankers and Exchange Bureau: T. Cook & Sons, 10, Avenue Felix Faure.

Forwarding Agents: H. Johnson & Sons, 11, Place S. Roch. Doctors: Drs. J. W. Campbell, S. M. Rendall, D. W. Samways, J. A. Siordet, (all English), Cazenave de la Roche, Paul de Langenhagen, Malibran.

Hotels: Alexandra Hotel, Hôtel des Iles Britanniques, Russie, and many others.

Meran.—Austria, Tyrol, near the Italian frontier; 1,050 feet above the sea level, on the Passer. By rail, from London, vid Basle and Innsbruck, 39 hours; from Vienua 20 hours, and from Berlin 23 hours. Post

carriages from Landeck, on the Arlberg Railway.

Climatic winter, autumn and spring station; pneumatic and therapeutic bathing establishments, steam, electric, mineral, balsamic, douche and common baths; electro massage, hydropathic treatment; milk, koumiss, kefir, whey (in spring), and grape and fruit cures in autumn. Compressed air cure and massage. The sanitation is excellent. Population, 3,000.

Season: September 1st to June 15th.

Number of visitors: 9,200 in 1885; now about 15,000.

Special indications: Delicate and rachitic children, persons suspected of consumption, for chronic pulmonary catarrh and chronic pneumonia and pleurisy, emphysema, asthma, periostitis, caries and fungus joints, fatty heart, nervous diseases.

rheumatism, gout, indigestion and obesity.

This climatic station, charmingly situated on the southern side of the Alps, possesses all the advantages and but few of the drawbacks of an alpine climate. The winter months are remarkable for clearness of the sky (55 cloudless days from November to March), absence of wind, and fewer rainy days than in any other health resort, except Cairo. The summer is rather warm, still many families spend it in Obermais, which is beautifully situated on a rising slope on the left bank of the Passer, and covered with handsome villas, old castles and picturesque ruins, vineyards and grand old walnut and chestnut trees.

The scenery is grand; excursions varied and interesting. For the invalids, public gardens, richly provided with wooden benches and beautified and made instructive by the evergreen vegetation, are laid out.

The plants and trees are chiefly sub-tropical and carefully labelled.

There are different promenades, covered and open, for the different

winds that may be blowing.

There is a fine orchestra, theatre, reunions, balls, concerts, &c., in the Curhaus, with a large reading room; well-furnished libraries; all out of door sports (lawn teunis, shooting, fishing, &c.). Competent teachers for all modern languages, classics and general instruction; music, painting, gymnastics, riding, &c. Experienced physicians for all specialities.—Detailed prospectuses sent free on application to the Cur-Committee (Currorstand).

English Church: Chaplain S. P. G.

Post and Telegraph Office: Johannenplatz.

Bank and Exchange Office: Hofapatheke, Haller, in Obermais, Pau. Biederman and Reifferscheif & Co.

Doctors: Brnhl, Fischer, Messing, Rochels, Schreiber,

Veninger (speaks English), &c.

Hotels: The Hotel Archiduke John, Hotel and Pension Hassfurther, Habsburger Hof, Tyroler Hof, Grand, &c.

Mergentheim.-Germany, Würtemberg, eight hours from Würzburg.

Bromo-iodurated bitter waters, 30° F.

Slightly purgative.

The establishment is elegant and efficient.

Theatre, assembly and reading-rooms, and fine promenades.

Doctor: Dr. Stützle.

Hotels: Strauss and Rose.

Merligen.—Switzerland, Canton Berne, on the Lake of Thun. By boat from Interlaken and Thun.

Climatic station, remarkable for its mild climate. The situation of Merligen is one of the most beautiful in this part of Switzerland. The scenery is highly picturesque, and rendered still more attractive by the luxuriance of the vegetation. Numerous excursions can be taken. Merligen, in a word, is a very attractive spot.

The Hotel Beatus will be found a good comfortable house,

with good kitchen and moderate prices.

Mers.-France, epartment of Somme.

Sea baths: sandy beach.

A small establishment.

Messina.—Italy, Sicily, 45 minutes by steamer from Reggio. Pullman cars are now attached to all express trains from Naples.

A winter station and sea baths.

Much exposed to winds. It is mentioned here only because it is selected occasionally as a winter residence, though it has actually one of the severest climates of any town in Sicily. On the average there are 12 snowy days in winter.

British Vice-Consul: G. Lascelles, Esq.

Bookseller: G. Welbatus.

Hotel: Hotel Victor.

Meta.-Italy, between Castellamare and Sorrento.

Climatic station in summer.

Used by inhabitants of Naples as a summer residence. The whole country is one vast garden.

Michelstadt .- Germany, Grand Duchy of Hesse, near Erbach, in the Odenwald; 800 feet above sea level and population 3,000.

Summer station, with hydropathic establishment.

Doctors: Drs. Scharfenberg and Bereines.

Miers.-France, Department of Lot, near Gourdon: altitude, 870 feet above sea level.

Cold sulphate of soda waters.

Special indications: Hepatic affections, constipation and hæmorrhoids.

Doctor : Dr. Fraisse.

Miesbach.—Germany, Bavaria, near München and Schliersee; 2,150 feet above the sea level.

Climatic air station; whey cure.

Doctors: Drs. Ott and Frank.

Milan.—Italy, capital of Lombardy. From London by Calais, Laon and Basle in 24¹/₄ hours; (1) £7 2s. 2d.; (2) £4 19s. 10d.; or by Ostend, Brussels, and Basle in 28 hours, (1) £6 17s. 2d.; (2) £5 1s. 3d.

The town is nearly circular in form, and surrounded by walls; erected for the most part by the Spaniards. The space between the walls and canal is laid out in gardens and well planted with trees. Like all old cities, Milan is very irregularly laid out, but is, for all that, one of the most interesting in Enrope. Many visitors to the Italian Riviera or those going further south to Florence, Rome or Naples, make a break of journey here, as the accommodation is excellent, and there are many attractions in the city and suburbs to occupy a few days agreeably.

Excussions: To Monza, to Certose, to the Lakes, besides many

others.

CABS: One horse, by course, 1 lira; by time, first half hour, 1 lira. Post office: Via Rastrelli, 20. Trams everywhere.

Telegraph office : Piazza dei Mercanti.

English Vice-Consul; W. Tweedie, Esq.

Bookseller: Libreria U. Hoepli.

Doctor: Dr. John Hill (English), 17, Via Principe Umberto. Bankers and Exchange Bureau: T. Cook & Son. 7. Via A.

Manzoni.

Hotel: The Grand Hôtel de Milan, near the Opera House; large, first-class; lift. Post, Telegraph, and Railway Booking Office in the Hotel.

Millport.-Scotland, Buteshire, on the greater Cumbray Island. Sea baths; sandy beach; air mild; scenery barren.

Mindelheim.-Germany, Bavaria, Swabia.

Bicarbonate of lime waters.

A bathing establishment, but little known.

Minehead.—England, Somersetshire, near Taunton.

Sea baths; rocky and sandy beach; climate mild.

Season: May to October.

Misdroy.-Germany, Island of Wollin, in the Baltic.

Sea baths on the Baltic.

Firm fine sandy beach. The scenery is hilly and charming.

Establishments good.

Doctors: Drs. Röchling and Wilke.

Mitterbad.—Austria, Tyrol, district of Botzen; altitude, 3,100 feet.

Ferruginous waters, containing sulphuric acid.

Season: June to August.

Special indications: Anæmia, fluor albus, difficult menstruation, chronic diarrhœa.

One of the most frequented bathing-places in the Tyrol.

The scenery is very mountainous and picturesque.

Modum.-Norway.

Modum is the leading health resort of Norway; exceedingly picturesque situation; very good, well-equipped bathing establishment; mud baths, being of a description intermediate between the Continental and the Swedish system.

Ferruginous spring of medium richness.

Doctor: Dr. Vetleren.

Mödling.—Austria, 40 minutes from Vienua.

Slightly ferruginous waters; climatic air station.

Doctor: Dr. Polak.

Moffat.-Scotland. Dumfries; altitude, 400 feet.

Sulphurous, saline and ferruginous waters; air bracing.

Hydropathic establishment.

Season: Summer.

Special indications: Skin, liver, renal diseases, and rheumatism.

Molitg.—France, Department of Pyrénées Orientales, near Prades; altitude, 1,400 feet above sea level.

Sulphate of soda waters, 70° to 100° F.

Two small establishments.

 $Special\ indications:$ Rheumatism, bronchitis, and skin diseases.

Molla (Il).—Italy, Piedmont.

Ferruginous bicarbonate waters, 45° F.

Special indications: Chlorosis.

Monaco and Monte Carlo.—Principality of Monaco, between Nice and Mentone. From London by Paris and Marseilles in 28 hours. Fares (1) £7 162, 3d. (2) £5 6s. 8d.; from Nice by rail in ½ hour.

Winter station. Sea baths.

Although Monte Carlo is one of the most sheltered stations on the Riviera, it is more frequented by pleasure seekers than by real invalids. Strangers coming to the Riviera, only for amnsement or to pass the winter, prefer staying here.

Mean winter temperature, 50° F.

The roads, gardens, etc., are excellently kept, and residence here is certainly as agreeable as in any town on the Riviera.

The Casino, with its almost unrivalled orchestra (concerts twice daily), is the chief attraction. The reading-room contains newspapers of every country, and in the handsome theatre operatic and other representations are given during the season, with the help of the most renowned artists in Europe. The pigeon-shooting arrangements are very complete, and the meetings well attended. Art exhibition and winter garden in the Palais des Beaux Arts.

The old town on the promontory, or Monaco proper, is interesting, and the Prince's palace is well worth visiting. The gardens are very fine.

The Hotel de Paris, the most comfortable and aristocratic hotel in the principality, is the only hotel situated in the beautiful gardens of the Casino; opposite to it is the splendid Café de Paris.

Thermes Valentia: First-rate hydropathic and electropathic establishment.

British Consul: Alex. MacMilan (Nice).

Vice-Consul: J. W. Keogh, Esq.

Doctors: Drs. J. H. Barnard, T. H. Fagge, R. P. Mitchell, Rosenau, R. E. Rouse and R. Sim (all English).

Mondorf.—Grand Duchy of Luxemburg; nearest station Luxemburg, thence 2 hours' drive.

Bromo-saline waters, 75° F.

Special indications: Scrofula, chlorosis, and dyspepsia.

A very good hydropathic establishment.

Doctors: Drs. Marshal and Klein.

Hotel: Kurhaus.

Monfalcone .- Austria, on the Bay of Trieste.

Iodo-bromurated saline waters, 100° F.
Sea bathing establishment. The springs rise and fall with the tide.

Special indications: Rheumatism and paralysis.

Monnetier-Mornex.—France, near Geneva, Haute Savoie; altitude 2,600 feet.

Climatic health resort, in a lovely situation; fine mountain scenery.

Doctors from Geneva.

Hotels: Bellevue, Beausite, Savoie, Bauer, &c.

Monsummano.-Italy, Tuscany, near Montecatini valley of Nievole.

A grotto, where natural sulphurous vapour baths are taken. They are especially efficient in rheumatism.

Three lakes in the grotto contain sulphurous waters from

80° to 100° F. Season, May to September.

Special indications: Gout, herpes, rheumatism, anchylosis, sciatica, syphilis, catarrhal affections, and in all cases where strong action of the skin is indicated.

Doctor: Drs. G. Myau, G. Galeotti, T. Bardelli.

Hotels: Pace, Kossuth.

Montagnone.-Italy, Venetia, near Abano.

Saline earthy waters, 130° F.; mud baths.

Special indications: Diseases of the bones, old sores, scrofula, gout, rheumatism.

The bathing establishment is well arranged, and affords comfortable accommodation, though small.

The baths were used by the Romaus, as is shewn by numerous ruins.

Montalceto.-Italy, Tuscany, Val d'Arbia.

Saline magnesian ferraginous waters, 65° to 85° F.; mud baths. A very good establishment, and well-frequented station.

Montbarry.—Switzerland.

Climatic health resort.

Doctor: Dr. Pegaitaz, from Bulle.

Montbrison.-France, Department of Loire.

Cold alkaline bicarbonate waters.

Special indications: Chronic disorders of the digestive organs, hæmorrhoids.

Montbrun.—France, Department of Drôme; altitude 1,840 feet above sea level; nearest station Carpentras.

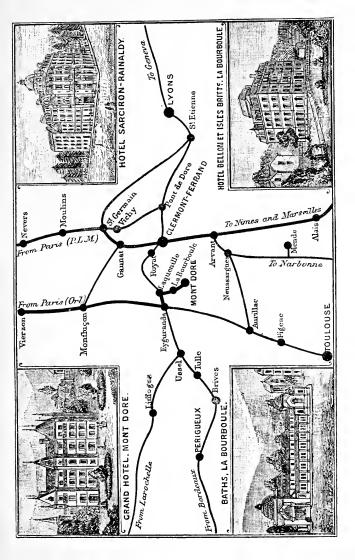
Sulphate of lime waters, 30° F.

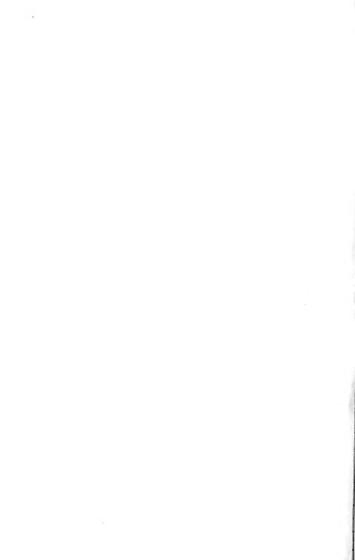
Mud baths.

Mont Dore.—France, Puy de Dôme. 3,421 feet above sea level. 2,000 inhabitants. From Paris about 10 hours by day or night express by the Orleans Co. without change; or by P.L.M. line, changing at Clermont-

Ferrand. Fare, 52 fr.

The hot springs of Mont Dore (departmental property, rented by Compagnie Feunière de l'Etablissement Thermal du Mont Dore, an. socy.) are situated in a valley of the Auvergne mountains. The climate is cool, except in June, July, August and September. The best times to come to Mont Dore for treatment are the second fortnight of June and the first fortnight of August. The establishment is opened from 1st of June to end of September. Patients (about 5,000 annually) and travellers should bring spring and summer dresses.





The Thermal establishment is built over the springs, and warmed by them; their temperature varies from 96° to 116°; twelve of them have received special names. They contain especially soda, potash, iron, arsenic, silica, and a great deal of free and combined carbonic acid.

The treatment at Mont Dore consists in drinking, baths, douches, footbaths, spray and inhalations. These inhalations are the most important part of the treatment: several large rooms are filled with the steam produced by special engines where the vaporised mineral water is mixed with an exceedingly thin spray; vapours and spray constitute a cloud which fills the rooms, in which patients remain from half-an-hour to an hour and a half; a powerful ventilator and several electrical ventilators renew the air of the rooms and make it According to the testimony of Baron Thénard, Bertrand, Prof. Lefort, the vapours of Mont Dore contain a great deal of earbonic acid and a little iron and arsenic. In any other thermal station it is impossible to find such rooms as the "Salles de Vapeurs" of Mont Dore. There are also some special baths built on the springs themselves, where patients can obtain hot baths at 115°. power of the vapours and hot baths is wonderful. Four fine rooms, fitted with all the newest appointments for hydropathic treatment of both sexes, were built in 1890.

The Mont Dore treatment is good for every disease of the respiratory organs, nose, throat, larynx, bronchii, lungs, pleura. But it is important to know that people of gouty constitution, or of gouty tendency, derive the most benefit. Lymphatic patients or scrofulous people do not seem to be so much benefited. Children are particularly influenced and more easily cured than adults. The diseases most easily cured or alleviated are nervous asthma, catarrhal emphysema, and tubercles of the first and second degrees. When the nervous asthma is not the result of a nasal polypus, we can safely affirm that it is always relieved and often cured after two or three courses at Mont Dore. The emphysema with bronchial catarrh is so much alleviated that the patients can live almost as other people. Consumption itself at the first stage is very often stopped, and even cured, after three courses at Mont Dore. But patients of gouty or rheumatic constitutions, and especially patients with congestive or spasmodic forms of troubles in the respiratory organs, are more easily influenced than others.

All the improvements, which have altogether cost about £120,000, were finished in 1893, and visitors have in consequence experienced greatly increased comfort. The walks and rides at Mont Dore are splendid, very interesting and

picturesque. An electric mountain railway to the Capucin Park (alt. 4,495 ft.), a casino, with club, reading room and café, and an excellent theatre, offer the usual attractions. Electric lighting.

English Church Service.

Doctors: Drs. Emond, Schlemmer (both speak English), Léon Chabory, J. Mascarel, A. Mascarel, Percepied, Tardieu, Nicolas, Moncorgé, Jeannel, Joal, de Brinon, Guérin de Sossiondo, Serre, Béal, Tardif, J. E. Brant (English).

Hotels: Sarciron-Rainaldy (see advt. at end) and Grand

Hotel, both close to the Park.

Monte Carlo. - See Monaco.

Monte-catini.—Italy, Tuscany; altitude 942 feet. Population 6,500. Situated between Lucca and Pistoja, in the Valley of Niévole.

36 Saline springs, 72° to 82° F.

Special indications: Rheumatic affections, leucorrhæa, blen-

orrhœa, menstrual disorders, skin diseases, sciatica.

The purgative waters of the La Toretta spring are exported,

and used in the treatment of hypertrophy of the liver.

The establishments are very good. Vegetation and scenery charming, and in consequence Monte-catini is much frequented. It is a most important station, and is called the "Carlsbad of Italy"; its water contains 150 parts of chloride of sodium.

Doctors: Drs. Grocco, Casiciani and Fedeli.

Hotels: The Villa Torretta, Hôtel de la Paix, &c.

Montefiascone.-Italy, Roma.

Thermal sulphurous springs.

Special indications: Skin diseases.

Monte Generoso.-Switzerland, Canton Ticino, on the St. Gothard Railway.

Climatic air station.

Doctor : Dr. Pasta.

Montegrotto.—Italy, Venetia, near Padua.

Hot saline muds, 176° F.

Stimulating action.

The establishment is neglected, and the accommodation is very primitive.

Montegut Ségla.—France, Department of Haute Garonne, near Mùret. Ferruginous bicarbonate water, 50° F.

Special indications: Dyspepsia and gastralgia.

Monte-Ortone.-Italy, Venetia, near Padua.

Saline waters, 100° F.

The bathing establishment, with hotel combined, is an ancient monastery, and consequently the rooms are small and low. The other arrangements for comfort are passable. Tolerably well frequented.

Monte-Rotondo.-Italy, Tuscany on the Corma.

Earthy ferruginous water, 75° F.

No establishment, and primitive arrangements. The site is picturesque.

Montione di Piombino.-Italy, near Arezzo.

Bicarbonate of lime waters, 85° F.

Special indications: Rheumatism and skin diseases.

Montlouis.-France, Department of Pyrénées Orientales.

Cold ferruginous waters.

Charming situation.

Montmirail-Vacquairas.-France, Department of Vaucluse, near

Carpentras and Avignon.

Three springs, with a purgative action; one sulphate of lime, and one ferruginous, but the waters are too mild to be very effective.

The bathing establishment is good, and affords fair accom-

modation.

Season: 15th June to 15th September.

Doctors: Drs. Cavaillon and Desplans.

Montpellier.—France, Department of Hérault, near the Mediterranean.
Winter station.

Doctors: Drs. Coste and Dunal.

Montpensier.-France, Department of Puy de Dôme, near Riom.

On the ronte to Gannat two excavations are found, from which carbonic acid gas escapes, as in the "Grotta del Cane," near Naples.

Montreux.—Switzerland, Canton of Vaud, near Vevey and Lausanne; near the Eastern horn of the Lake of Geneva, on its Northern or Swiss shore, and on the main route to the Simplon Pass; altitude, 1,275 feet above sea level. From London by Paris, Dijon, Pontarlier and Lausanne in 22 hours.

The town, with south-west aspect, is built on two bays,

divided by a promontory.

Climatic and intermediate station, whey cure, grape cure, alkaline waters, 80° F. Rainfall during summer about 1,000 mm., and during the winter about 300 mm.

Winter season: October to May.

Special indications: Phthisis, heart disease, bronchitis,

asthma, convalescence from acute disease, neuralgia.

Situated on Lake Leman, it has a very charming position; the excursions in its neighbourhood are very interesting and numerous, and the walks of infinite variety. Mountain railways afford means of ascending the neighbouring high peaks.

There is a casino, with reading, billiard rooms, &c.

Among some of the places of interest which are within easy access by rail are Glion, Les Avants, Rochers de Naye, &c., at all of which good hotels have been built.

Institute for trained English-speaking nurses. Address

the President, Villa Magnolias.

Post and Telegraph: At station.

English Churches: Two, and a Scotch Presbyterian.

Bookseller: Benda, in Vernex.

Chemist: Schmidt.

Bankers and Exchange Bureau: T. Cook & Son, Villa Nestle, Av. du Kursaal.

American Dentist: J. F. Paterson.

Doctors: Drs. Carrard, Bertholet, Monnier, Gamgee and Wise (last two are English).

Hotels: National, Roy, Breuer, Caux, Terminus, &c.

Morcles.—Switzerland, Rhone Valley; altitude 3,800 feet. Climatic air station.

Morecambe and Paulton-le-Sands.—England, Lancashire.

Sea baths; sandy and extensive beach; two piers.

Climate mild but bracing.

Season: June to September.

Morgins.—Switzerland, near Monthey and Evian; 4,344 feet above sea level.

Saline ferruginous waters; climatic mountain air station; whey cure.

Season: June to September.

Special indications: Anæmia, chlorosis, female complaints. asthma.

The establishment is good and accommodation abundant.

Doctor: Dr. Boyet.

Mornex.—Switzerland, near Lake Leman.

Climatic air station.

Mörsil.-Sweden, Jentland. Air station, 1,080 feet.

Winter and summer station.

Much frequented, superior class health resort, with sub-Alpine climate.

Special indications: Chest diseases.

Doctor; Dr. Horney.

Mösseberg.—Sweden, near Falköping.

Hydropathic establishment.

One of the most frequented establishments of the country, with good accommodation as regards residence, baths and food.

Very charming situation.

Pulmonary diseases separately treated.

Doctor: Dr. Torstenson.

Muggendorf.—Germany, Bavaria, near Baireuth; 1,900 feet above the sea level.

Climatic air station and centre for excursions.

The surrounding country is very romantic and the station is much frequented. The dust on the roads, however, makes the place unsuitable for patients suffering from lung and throat affections.

Doctor: Dr. Sommer.

Muhlau.—Austria, Tyrol, near Innsbruck; 2,250 feet above the sea level. Climatic air station; hydropathic establishment.

Doctor: Dr. Von Schlechter.

Mühlehorn.—Switzerland.
Climatic health resort.
Doctor: Dr. Blumer.

Mühlenen.—Switzerland.
Climatic health resort.
Doctor: Dr. Luginbuhl.

Mumpf.—On the Rhine.
Climatic health resort.
Season: May to October.
Doctor: Dr. Baumann.

Münster-am-Stein.—Germany, Rhenish Prussia, near Kreuznach.
Waters similar to those of Kreuznach; very efficacious in children's diseases.

A very quiet spot, but full of picturesque and historic attractions.

Doctors: Drs. Welsch and Hugel.

Post and Telegraph Office.

English Church at Kreuznach.

Hotel: Schmuck's Kurhaus Hotel, with Dependance, Villa Schmuck.

Münsterberg.—Germany, Silesia, circuit of Breslau.
Cold bicarbonate of iron and hydrosulphuric waters.
A small establishment.

Murcia. - Spain, capital of the province of Murcia; on the Mediterranean.
Winter station.

Murcia may be called the driest and least rainy place on the whole east coast of Spain. Mean winter temperature, 55° F. Relative dampness of the air, 66.7 %, with only 18 rainy day

during winter season. Spaniards call its sky "El reino serenissimo." Snow is altogether unknown, and fogs and mists are never seen. The town, having 90,000 inhabitants, offers all possible resources.

Mürren.—Switzerland, Bernese Oberland, viā Interlaken and Lauterbrunnen, 5,181 feet above the sea level.

Climatic mountain air station, with whey and milk cure;

baths and douches.

Season: June to September.

Special indications: Anæmia, chlorosis, failing digestion,

phthisis, asthma.

Mürren, as regards the picturesqueness of its scenery, has often been compared to the Righi, the altitude of which is about the same height above the sea level. It is one of the finest centres for excursions in Switzerland, many of its surrounding valleys and mountains being little known to tourists. Its position is very charming, and its climate fresh and bracing. Well sheltered against northern and northwestern winds.

Space prevents the enumeration of all the excursions—the local guides must chiefly be depended on.

Post and telegraph office.

English church.

Doctor: Dr. T. Domela (English).

Hotels: The Grand Hôtel, des Alpes and Kurhaus.

Mürzzuschlag.—Austria, $4\frac{1}{2}$ hours from Vienna, Styria, near Bruck. 2,400 feet above sea level.

Climatic air station, whey and milk cure and resinous baths.

Doctors: Drs. Ertl, Urbaschek.

Müskau.-Germany, Silesia, circuit Liegnitz on the Neisse.

Sulphate of iron waters. Astringent action.

Special indications: Hæmorrhages, hyperæsthesia, female

complaints.

Very well appointed. In the neighbourhood are the celebrated gardens and parks of Prince Pückler-Muskau, which are said by connoisseurs to be unique in exquisite arrangements and production of flowers and shrubs, &c. They are open to the public.

Doctors: Drs. Damerow and Körner.

Hotels: Berlin, Green Tree.

Mustapha-Supérieur.-Algiers, near the capital.

Winter station, coming much into prominence lately. Especially suitable for pulmonary complaints.

Doctor: Dr. W. Thompson.

Hotels: Grand Hôtel, St. George: thoroughly comfortable, and to be recommended.

Nådendal.—Russia, Finland, near Åbo.

Mud baths.

Doctor: Dr. Lindholm.

Nahant.—United States of America, near Boston on a peninsula, Massachusetts.

Sea baths, much frequented.

Nairn.-Scotland, near Inverness.

Very much-frequented sea baths; "the Brighton of the North."

Sandy beach; dry and bracing air.

Nammen.-Germany, Westphalia, near Minden.

Cold sulphate of lime springs.

Special indications: Herpes, rheumatism, gout.

Naples.—Italy, Bay of Naples. From London vid Ostend, Basle, Lucerne, Chiasso, Milan, Genoa and Rome in 48 hours. Fares (1) £11 17s. 7d., (2) £8 11s. 8d.; or by sea from London by the Orient Line, or from Southampton by the North German Lloyd S.S. Co.

Winter station, mineral and sea baths.

The climate of Naples is dry and stimulating; the nearer one

approaches Vesuvius the more tonic the air becomes.

As a hydromineral station, Naples has a great variety of springs, chief among which are those of Chiatamone, Bagnoli, Ischia, Castellamare, Torre Annunciata, Agnano, Pozznoli, and Santa-Lucia. The variety of mineral waters and their therapeutic properties have rendered Naples and its environs the most frequented bathing station in Italy.

International Hospital: Villa Bentinck, Corso Vitt. Em-

manuele.

British Consul: E. N. Rolfe, Esq.; Vice-Consul: I. Wolffsohn, Esq.

Bookseller: Detken and Rocholl.

Doctors: Drs. J. Horsfall and W. W. Gairdner (English).

Dentists: Atkinson, 4, Piazza Municipio; Kessel, 19, Piazza dei Martin.

Hotels: Grand, West End, Parker's Bristol, Silenzi's Gran Bretagne, Royal, Vesuvius, Hassler's New Hotel, Continental, Hotel de Londres, near landing-place of the Orient steamers, McPherson's Britannique.

Chemists: J. Durst, 31, Largo Garofalo Chiaja; Kernot,

Piazza S. Ferdinando.

Bankers: T. Cook & Son, Piazza dei Martiri; Turner & Co., Holme & Co.; Meuricoffre & Co.

Forwarding Agents: Vickers & Co., 8, Via Vittoria.

Cabs: Per drive 0.70 fr., per hour (first) 1.50 fr., each additional hour 1 fr.

Nassau.-Germany, Nassau, on the Lahn, 12 hours from Ems.

Hydropathic establishment. Climatic station in summer. Electric baths, gymnastics.

Doctors: Drs. Poensgen and Eck.

Nauheim.—Germany, Hesse-Nassau, near Frankfort-on-Maine. From London by Ostend, Brussels, Cologne and Frankfort in 21½ hours. Fares (1) £3 18s. 4d., (2) £2 18s. 2d.

Salt baths rich in carbonic acid, 75° to 78.8° F.; also in most mineral constituents, such as iron wine, lithia, &c., &c. For treatment of scrofula, rachitis, acute rheumatism of joints and its results, such as diseases of the heart. Also for nervousness, neuralgia, diseases of the spine, and of women.

Seasons: 1st May to 31st October.

Nauheim may be said to be one of the most important of all the Spas on the Continent. It may appear strange that such a statement should be made concerning a locality which until recently was comparatively so little known in England, but it is none the less indisputable. Here may be found nearly every useful variety of mineralized water used in the treatment of disease, and Nauheim boasts of being the only Spa which furnishes thermal, saline, and ferruginous water within one area. Years ago the waters were "written down" as simply "saline," but comparatively recent analyses have proved that that term barely touched upon the fringe of efficient description. Medical and chemical researches combined have resulted in demonstrating that these waters possess very marvellous curative properties, and brought about almost a new era in the history of balneo-therapeutics. That the action of mineral waters, either used internally or bathed in, could have any curative effect upon a diseased heart, would have been regarded forty years ago as a paradox, and even to-day there are many medical men of position and intellect who, probably in the absence of personal investigation, would, and do, ridicule the idea of a diseased heart being either cured or relieved by mineral waters. Nauheim is 414 feet above sea level, and is in the Tannus Hill district. It can be reached in three-quarters of an hour from Frankfurt. Now, as in ages past, the manufacture of salt from the waters is carried on, the process commencing by the evaporation of the saline fluid, which is allowed slowly to trickle down over enormous and narrow "ricks" of blackthorn, by the sides of which during the daytime, sitting upon seats provided for the purpose, may be seen dozens of people, reading, writing, sewing, we., to pass away the time occupied in inhaling the air charged with saline ingredients. This air, full of ozone, is stimulating and exhilarating. There are numerous springs, so many in fact that some seem to have escaped any special

nomenclature. The drinking springs are the Kur, Karls, and Ludwigs, and they contain less chloride of sodium than those used for bathing purposes only. The first contains the large amount of two per cent. of free carbonic acid gas, and 18.5 solid component parts in 1,000; it also contains chloride of lithium and magnesium, bicarbonate of lime and iron, and a small amount of arseniate of iron; it is the most valuable of the three; the other two, being considerably weaker, are used in some cases to dilute it, as it is too strong to use generally. When thus diluted a water is formed resembling the Ragoczy of Kissingen. The waters used for bathing purposes contain 36 parts in 1,000 of solid constituents, of which upwards of twenty-nine are made up of chloride of sodium, and two each of chloride of calcium and bicarbonate of lime. Five different kinds of baths are given: 1st, the natural thermal lime and steel baths; 2nd, the simple brine baths, free of carbonic acid gas; 3rd, the effervescent baths, with natural carbonic acid gas; 4th, the current baths; and 5th, the effervescent current baths, the two latter having a still greater quantity of carbonic acid gas than the third. There are saloons for inhalation, covered-in graduation houses (the "ricks" before alluded to), electric baths, establishment for the milk and whey cures. an establishment for massage and therapeutic gymnastics, also for the grape cure. A method of treatment called the "Terrainkur" is indulged in in Nauheim, which cure consists of a certain amount of exercise up hills of graduated ascent. The diseases for which the Nauheim treatment is prescribed may be classed in their order of importance as follows:-1st. diseases of the heart, of the endocarditic type, the after-result of rheumatism; under this head may be classified residues of previous endocardites and exudations on the valves of the heart; 2nd, chronic diseases of the heart and irregular circulation. At the same time it must not be supposed that this treatment can remove old organic deficiencies, although patients occasionally come to Nauheim imbued with this erroneous idea. The baths increase the power of the heart's contractions, keep off engorgements, and set up an action similar to that of digitalis, but claimed to be more lasting. The symptoms accompanying venous stasis are diminished. These effects may be produced by stimulation of the cardiac ganglia, by some influence on the vaso-motor nerves, or some action more central, the causation of which still remains undiscovered. The baths certainly act as a wonderful heart tonic. During the bath treatment a mild form of gymnastic exercise is prescribed, and a certain amount of up-hill exercise (Terrainkur). But that the Nauheim waters are only suitable for cases of heart disease.

their chemical composition shews to be an error; one has only to read their analyses to see that they must be suitable for gout, catarrh, intestinal congestions, chlorosis and anæmia, rheumatism, nervous debility, liver disease, and other allments. During the last few years a great number of patients have been sent to Nauheim with nervous and spinal diseases, especially with locomotor ataxy. The results gained by bathing and exercises (the new methods of co-ordination) were quite wonderful in many cases of tabes. Of them it

may be said "they stand unrivalled."

The town of Nauheim is small. There are a fine and regularly planted avenue of trees, a fine Kurhaus, and one of the prettiest and largest public parks in Germany, with a picturesquely situated lake. There are a large number of Hotels and Pensions: Kaiserhof, Bristol, Augusta Victoria, Bellevue, Imperial, Reichshof, Du Nord, Kursaal, &c. There is a kurtax of 12 marks; reduction for families. Children under 12 years, servants and medical men are free. The baths are perfect, and most exhaustive in every detail, being under Grand Ducal administration. The amusements consist of concerts, balls, theatre, lawn teunis, croquet, excursions, illuminations and fireworks, boating, fishing, &c. The hotel accommodation is remarkably cheap, and Nauheim is easily reached from Frankfurt.

Church of England services in summer. Water supply

good. Circulating library, with English books.

Doctors: Drs. Abée, Grödel, Müller, Schott, Credner, Friedlander, Banr, Bruck, Stoll, Hirsch, Beste, Langebartels, Gittermann, Schüster, Schröder, Tankowski, Steinberg, Strüh, Gråupner. Wachenfeld, Grose Ullmann, Best, Siegfried, Kumers, Bittchmann.

Villa Diana. First class boarding house, next to the

Kurhaus, and opposite the Park.

Naumburg.—Germany, Silesia, near Segan. Cold ferrnginous waters not used.

Naye.-Switzerland, near Montreux; altitude 7,000 feet.

Climatic air station in summer.

Hotel: Grand.

Neath.—South Wales, Glamorgan, on the sea coast.
Climatic health resort.

Hotel : The Castle.

Nenndorf.-Germany, Hessen.

Cold saline sulphurous lime waters.

The bathing establishment is well appointed; inhalations douches, &c. Mineral and mud baths. Whey cure.

Season: May to end of September.

Special indications: Catarrh of the respiratory organs, herpes, chronic sores, disorders of the urinary organs.

The sojourn is agreeable, and amusements are freely pro-

vided.

Doctors: Drs. Ewe and Winckler.

Hotels: Kassel, Hanover.

Neris.-France, Department of Allier, near Montlucon. Population, 3,200. Altitude, 1,150 feet. By Orléans Railway to Montluçon or Chambler.

Thermal mixed alkaline waters, 110° to 125° F. Six springs, similar to the Teplitz water.

Season: May to October.

Excellently arranged thermal establishment for baths. douches, vapour baths, &c.

There is also a good casino, with band and other amusements.

Special indications: Nervous affections, rhenmatic neuralgia. uterine affections.

Doctors: Drs. Aubel, Ranse, Peyrot, Morice and Delarrat.

Hotels: Grand Hotel de la Promenade, Dumoulin, de Rhone Paris, France, and Europe.

Post and Telegraph Office, Telephone.

Nerone (Stufa di).-Italy, near Pozzuoli.

Natural mineral steam baths. The heat of the gases emitted stated to be 170° F.

Special indications: Chronic skin diseases, gout, rheumatism.

anchylosis.

Very largely used by the Romans, especially under Nero, by whom they were fitted up with the greatest luxury. They are still visited and used, notwithstanding the entire absence of any suitable accommodation.

Nervi.-Italy, one of the suburbs of Genoa, on the Riviera di Levante. Population 5,000.

Winter station.

The mean winter temperature is not so high as that of Mentone or San Remo, but the climate is less windy, exciting, and tonic, and more humid. The vegetation is luxurious, and beantiful gardens abound. There is little room for excursions. and Nervi is therefore most suitable for patients who desire repose. The terms are moderate.

Doctors: Drs. Schetelig, Alexander, Frech, etc.

Hotels: Grand, Victoria.

Neskutschnoie.-Russia, near Moskau.

Earthy ferruginous waters, 45° F. The establishments are good.

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Neudorf.—Austria, Bohemia, also called Constantinsbad.

Sulphurous and ferruginous waters, 25° F. Mud baths.

Very pure air.

Special indications: Anæmia, disorders of menstruation,

rachitis, gont, and rheumatism.

The establishments are very good and the accommodation is abundant and moderate in price. The situation is picturesque, and the country well wooded.

Doctor : Dr. Dlauhy.

Hotel: Kurhaus.

Neuenahr.—Germany, Rhemish Prussia, on the left bank of the Rhine and on the Ahr Valley railway; 760 feet above sea level. From London direct, vid Cologne, Bonn, and Remagen, in 14 hours.

Alkaline thermal waters, 72.5° and 104° F., the only ones of

the kind in Germany containing arsenic and lithium.

Special indications: Catarrh of the stomach and bowels, affections of the kidneys and liver, Bright's disease, stone, diabetes, rheumatism, nephritis, scrofula, and women's diseases.

The bathing establishment is well-appointed, and the arrangements are all good—complete system of baths, inhalations, and donches. This, combined with the fact that much is done to entertain visitors, renders Neuenahr a desirable place for those seeking health. There is a theatre, also lawn tennis and other games.

English Church service (S.P G.) in the Kurhotel.

Doctors: Drs. Lenné, Grube, Unschuld, Niessen and Teschemacher, all speaking English.

Hotels: Kurhotel and Grand Hôtel Victoria.

The Court of Hollande.

Neuenheim.—Germany, Nassau. Cold bicarbonate ferruginous waters.

Cold bicarbonate terruginous waters.

Neuhaus.—Austria, Styria. Altitude, 1,200 feet. Bicarbonate of lime waters, 85° F.

Special indications: Nervous diseases.

Good establishment.

Doctor: Dr. Röll.

Neuhaus.—Germany, Bavaria.

Cold saline springs.

Special indications: Scrofula and abdominal obstructions.

Doctor: Dr. Engelbert

Neu Lublau.—Austria, Hungary, comitat of Zips, near Leutschau. Effervescent ferruginous waters.

Special indications: Migraine, hypochondriasis, hysteria, affections of the nerve centres, menorrhagia, blenorrhæa.

The establishments and accommodation are satisfactory.

Neumarkt.—Germany, Bavaria, near Nuremberg; 1,445 feet above sea level.

Ferruginous sulphurous waters.

Special indications: Rheumatic and skin affections, muscular contractions, hæmorrhoids, gravel and vesical calculus, old sores and mercurial dyscrasia.

Doctors: Drs. Fiedler and Schirmer.

Neu Ragoczi.-Germany, Prussia, province of Saxony, near Halle.

Alkaline ferruginous waters. Inhalation.

Special indications: Plethora, disorders of liver and spleen, vesical disorders, female complaints, hysteria, chlorosis, asthma.

The establishments are very complete and fitted with all modern requirements. The country is picturesque, and the neighbourhood of Halle affords ample amusements. Accommodation good and moderate in price.

Doctor: Dr. Steinbrück.

Neuschmécks or Uj Tatrafüred. — Austria-Hungary, Galicia. Comitat of Zips, near Poprád; 3,100 feet above sea level.

Pure alkaline waters, climatic station.

Special indications: Affections of the digestive organs, obstructions of liver and spleen.

The establishment is very good, and the accommodation comfortable. Scenery picturesque and vegetation luxurious.

Doctor: Dr. H. von Szontagh.

Neuschwalheim.—Germany, Hessen, 11 hours from Salzhausen.

Earthy muriatic ferruginous waters. Very little frequented. The establishment is inferior.

Neusiedel .- Austria-Hungary, Lake of, near the town of Neusiedel.

The waters of this lake have a mineral basis of bicarbonate of soda, 45° to 50° F.

Military hospital.

Special indications: Scrofulous affections.

Neusohl.-Hungary, com Sohl.

Cold sulphurous waters.

Neustadt an der Saale.—Germany, Würtemberg, near Waiblingen. Cold saline waters.

A small and inadequate bathing establishment.

Doctors: Drs. Matthias, Baumgart and Blümm.

Neustadt - on - the - Haardt - Germany, Bavaria, Palatinate, near Mannheim.

Grape and whey cure station.

Renowned throughout Germany, and much frequented in the months of September and October.

Doctors: Drs. Fischer, Kölsch and Schröder.

New Brighton .- England, Cheshire, at the mouth of the Mersey.

Sea baths; fine sandy beach, a favourite resort for holiday makers and sea bathers from Liverpool.

Season: June to September.

Newcastle.—Co. Down, Ireland.

Sea baths, sandy beach, ferruginous spa.

Climate: Mild.

Beautifully situated at the base of the Mourne Mountains, running to Rostrevor. View across the sea to the Isle of Man. Good supply of pure water, collected on granite rocks high up in the mountains and laid on to every house.

Amusements: Drives to Bryansford and Castlewillan. Golf links in high repute. Tennis ground and reading room.

Hotel: A large hotel, with 120 bedrooms and all modern improvements, including all descriptions of baths, electric light, &c., has been erected close to the Golf Links (by the Belfast and County Down Railway Company).

New Quay.—England, Cornwall.

Sea baths; fine sandy beach. Climate bracing.

Season: June to September.

One of the most fashionable of Cornish watering-places.

New Quay.-Wales, Cardiganshire.

Sea baths, sandy beach, with occasional pebbles.

Neyrac.—France, Department of Ardèche, branch from Livron to Privas. 3 hours by carriage from Privas to Neyrac; altitude 1,135 feet above sea level.

Bicarbonate of lime ferruginous waters, 80° F.

Very complete establishment.

Special indications: Skin diseases.

Nice.—France, Department of Alpes Maritimes; 98,000 inhabitants. From London by Calais, Paris. Marseilles, in 27 hours; (1) £7 14s. 9d., (2) £5 5s. 8d.; from Paris 630 miles in 18½ hours, (1) 121 frs.; (*) 82f. 35c.; Special express service begins in November.

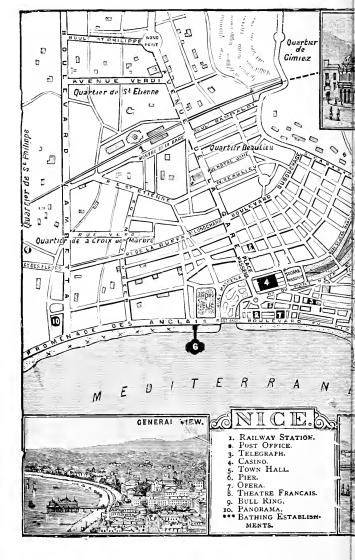
Winter station of first importance; sea baths.

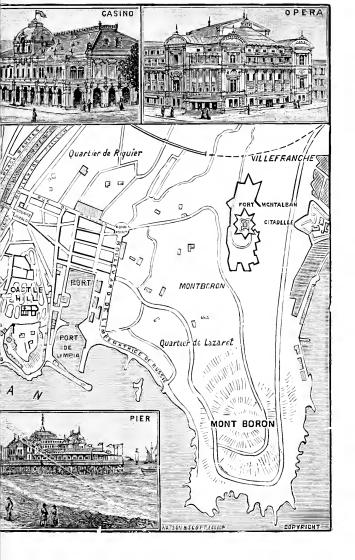
Season: Winter season, November to June. Summer or sea-bathing season, May to October. Principal season, January to March.

Number of visitors about 60,000 annually.

Special indications: Chronic diseases of the chest, lungs, and respiratory organs; affections of the larynx, liver complaints, disorders of the spinal cord, diabetes, gout,









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rheumatism, paralysis, general weakness, are the principal diseases for which a stay in Nice is recommended. But the climate is very exciting, and patients suffering from any form of nervousness derive no benefit from it.

The dryness of its atmosphere is the chief characteristic of Nice. Rain falls generally only in spring and autumn, and but rarely in winter. The total amount is 702 mm.; 70 days of rain are reported in the season, 80 days of sunshine, and 60 with cloudy sky. Fogs are rare, and snow falls occasionally. Mean atmospheric pressure is 761 mm.

The mean temperature for the winter months is 55° F. in November, 50° F. in December, 44° F. in January, 50·5° F. in February, 52·2° F. in March, and 59° F. in April.

The mean temperature in winter is 50° F.

No winter station offers so many resources as Nice. All who suffer from that vagne disease called "ennui," or "spleen," will find in this sunny spot on the Riviera the remedy they seek in its pleasantest form. Fête succeeds fête, and the Municipal Committee, as also the Mayor, use every endeavour to amuse visitors.

The Carnival lasts ten days, and is superior to that of any other city. The days of the "batailles des fleurs" are a special feature, which no other town can offer. The road all along the Bay des Anges, from the New Gardens down to the Pont Magnan, is thronged with rows of carriages, all decked with flowers.

Clubs: Cercle de la Mediterraneé, on the Promenade des Anglais; Cercle Masséna, first-floor of the Casino, on Place Masséna; Cercle Philharmonique, &c.

The Opera House in the Rue François de Paule gives grand operas, with the most celebrated artists of the day, throughout the season. The Casino is a very extensive building, containing theatre, concert, ball, reading, smoking, writing, card, billiard, and restaurant rooms. The principal feature of this establishment is the large covered winter garden. On costume ball evenings the decorations and illumination of the hall, with the bustle of thousands of guests, is a sight to be seen only here. There is, moreover, the Casino theatre, a circus, and other buildings of general amusement, a rifle club, and a well organised lawn tennis club.

Excursions: The excursions are numerous and very varied. Those nearest are to the Castle Hill, the St. Barthelemy Hotel, and Bischoffsheim's Observatory, from all three of which an unsurpassed view of the town and bay is obtained. More distant excursions are to Villefranche (station of the English, French and American men-of-war in the Mediterranean), maritime port and fortresses; Beaulieu, along the Cornice road to Monte Carlo; Mentone by carriage (2 horses, 40 fr. in the season; towards the close, 25 and 30 fr.) to Cannes, Antibes, and the Iles Marguerite by boat, rail and carriage, and into the mountains

The races take place in the middle of January, the carnival at Mardi Gras, which usually occurs in February, and the regattas in the middle

of March.

The Nice climate, so very beneficial in many cases of disease, when proper precautions are taken, may be very hurtful if they are neglected. Delicate persons should not go out before ten in the morning nor after half-past three in the afternoon, and should always be provided with overcoats, mantles, and wrappers.

A coach runs between Nice and Monte Carlo; fare outside, 3 fr.; inside, 2 fr.; three times a day; change of horses at Beaulieu; return fares, 5 fr.

Cabs, one horse the course, I fr.; by hour, 2 fr.; two horses as by agreement. Visitors should arrange beforehand in order to avoid any difficulties at the end of the drive, as the coachmen are often inclined to impose upon strangers.

Turkish Bath and Hammam: Rue de la Buffa, Dr. Bonnal;

Algerian shampooers.

British Consul: Sir James C. Harris, C.V.O.

British Vice-Consul: L. Wookey, Esq.

Post Office: Place de la Liberté (Head Offices); Place Telegraph: Grimaldi (Branch Offices).

Bankers and Exchange Bureau: T. Cook & Son, 16, Avenue

Massena.

Bookseller: Galignani, Quai St. Jean Baptiste.

House and Estate Agent: The Anglo-American Express Agency, 10, Quai Massena.

Wine and Provision Merchant: F. Brand, 13, Rue de France.

English Chemists: Maurel, Avenue de la Gare 8.

Forwarding Agents: H. Johnson & Sons, 11, Rue de Paradis.
Doctors: Drs. Amy, Ashmore-Noakes, Brandt, Gilchrist,

H. J. Johnston-Lavis, Odin, Stevens, Sturge, Fremy (French), Fighiera (French).

Hotels: Grand Hotel des Anglais, de la Grand, Bretagne, Splendid, etc., etc.

Nidelbad.-Switzerland, Zurich, near Ruschlikon Station.

A variety of hydropathic treatment is gone into here.

Doctors: Drs. Ineichen and Homberger.

Niederbroun.—Germany, Lower Alsace, near Weissenburg; at the foot of the Vosges mountains, separating Alsace from Lorraine 650 feet above sea level.

Strong saline waters, 45° F.

Purgative and resolvent action.

Special indications: Very effective in the treatment of chronic diarrhæa, hepatic constipation, bilious affections, scrofula, obesity.

Doctors: Drs. Klein and Mayer.

Hotels: Vauxhall, Golden Lion.

Niederhall.-Germany, Baden.

Saline waters.

Inferior establishment.

Nieder-Langenau.-Germany, Silesia, near Glatz; 1,100 feet above sea level.

Chalybeate waters; mineral muds; milk cure.

Special indications: Rheumatism, articular pains.

The bathing establishment is fairly well appointed. Doctor: Dr. Walter.

Hotel : Kurhaus.

Niedernau.—Germany, Würtemberg, near Tübingen, on the banks of the Neckar: 1.050 feet above sea level.

Ferruginous and pure bitter waters, very gaseous.

Special indications: Neuropathic affections, gout, gravel, dyspepsia.

The establishment is very efficient, and the accommodation dear but good.

Doctor : Dr. Bisinger.

Niederndorf.—Austria, Tyrol, near Franzensfeste, 3,500 feet above sea level.

Climatic air station; saline sulphurous waters, whey cure.

The surroundings are very picturesque.

Niederrickenbach.—Switzerland, in the Voisines Valley; altitude, 4,000 feet.

Milk cure station.

Doctor: Dr. Odermatt.

Niederselters.-Germany, Nassau, on the Ems, three hours from Limburg.

Alkaline-muriatic waters.

Only used as table water, and as such largely exported.

Nierstein.-Germany, Hesse-Darmstadt, near Oppenheim.

Sulphurous waters.

The arrangements are imperfect.

Doctors: Drs. Ulrich and Baumann.

Nocera-Umbra.-Italy, near Foligno.

Climatic station, 2,000 feet above sea level; very suitable for patients suffering from chest and lung affections, or from nervous disorders.

Special indications: Rheumatism, gout, herpes, catarrh of the digestive and bronchial organs, hypochondriasis, urinary calculus, vesical catarrh, scrofula, lymphatism, fleuorrhæa, hysteria, general debility in children.

The station is highly picturesque, affording great scope for excursions, thus the sojourn here being agreeable; the place is gaining in favour every day. Hydropathic establishment, with electric appliances. Large hotel and furnished villas.

Proprietor and Consulting Physician: Antonio Maggiorani.

Resident Doctor : A. Brucchietti.

Post and Telegraph: In the Kurhaus.

Nook.—Austria, Tyrol, district of Botzen; 5,000 feet above sea level.

Inert waters.

The arrangements are imperfect.

Formerly enjoyed a good reputation, but is now almost deserted.

Nordrach.—Germany, in the Black Forest. From London by Ostend and Basle, or by Cologne and Frankfort to Bibrach and Zell, thence by carriage in one hour to Nordrach.

Climatic air station.

Situated at the termination and highest point of a long valley, the little village of Nordrach lies among pine forests, and is well sheltered from cold winds. It has recently obtained some notoricty owing to its Sanitoria for the treatment of phthisis by the open-air method.

Climate: Sunny and mild.

Sanatorum, Nordrach: Open all the year, every comfort, careful medical supervision. Three doctors. Charge for each patient eight to ten shillings per day. Splendid building in Renaissance style, furnished with every comfort, and in accordance with strictest hygienic requirements.

Doctor: Dr. Hettinger.

Hotel: Village Hostelry.

Norrtelje.-Sweden, five hours from Stockholm.

Sea baths.

A much-frequented health resort, with good baths, renowned mud baths, and particularly good accommodation in all respects.

The most frequented health resort on the Baltic.

Doctor: Dr. Brandt.

North Berwick .- Scotland, on the Firth of Forth.

Sea baths, firm sandy beach.

A seaside resort, deservedly popular on account of its fine golf links, excellent sea bathing and bracing air.

Hotels: Marine, Royal,

Northeim.-Germany, Hanover, between Göttingen and Hanover.

Cold sulphate of lime waters.

Mnd baths; establishment good.

Special indications: Rheumatism and herpes.

Nuolen.-Switzerland, on Lake of Zuridi; 3 hour by rail from Zurich.

Climatic health resort; altitude 1,200 ft.

Doctor: Dr. Steinegger.

Nydelbad.—Switzerland, near Zürich; 2,000 feet above sea level.

Hydro-sulphuric waters. Only frequented by people from the neighbourhood.

Oban. - Scotland, Argyleshire, 2,500 inhabitants.

Climatic resort in summer. Sea baths, good bathing. The air is mild and bracing.

Season: August to September.

The scenery around is very charming, and an ample field exists for excursions. Good boating and fishing.

Hotels . The Great Western and Grand.

Ober-Brambach.—Germany, Kingdom of Saxony, near Franzensbad.

Effervescent ferruginous waters.

Special indications: Debility of the digestive organs, affections of the uterus, vesical catarrh, gravel, and nervous disorders.

Very good establishment, with satisfactory accommodation. The scenery is very fine.

Oberlahnstein,-Germany, Nassau, near Coblentz, on the mouth of the Lahn.

Cold bicarbonate of sodium waters, 2 grs. of mineralisation.

A very charming position, with fine view of the Rhine and its hills.

Doctors: Drs. Schrenck, Schnell and Phillips.

Obermais.-Austria, Tyrol, one of the suburbs of Meran.

Climatic station.—See Meran.

Doctor : Dr. Schrieber.

Obermendig.-Germany, Rhenish Prussia, a village near Andernach.

Highly effervescent ferruginous waters.

Only used for drinking. There is no establishment. Accommodation good.

Ober-Rauschenbach.-Austria, Hungary, comitat of Zips, near Pudlein.

Alkali-saline slightly ferruginous waters, similar to Karlsbad,

70° F. Climatic summer station.

Special indications: Rheumatic and gouty complaints, chronic skin diseases and sores, lymphatism, scrofula, goitre, neurosis.

The spring is situated behind the Kurhaus and forms a lake. However cold the atmosphere may be, its waters never freeze. Objects immersed in the waters become in a short time incrusted over. The Kurhaus affords abundant accommodation. Moderate rates.

The establishment is built in the style of an old feudal castle. It contains every modern appliance, and from its terrace a superb view is obtained.

Concerts are given.

The air is pure and mild. In the vicinity are some grottocs, whence certain gases emanate, poisonous both to men and animals.

The place is much frequented, both for the beauty of ts site and the efficacy of its waters.

Obernhaus.—Austria, Tyrol, district of Meran, in the beautiful valley of the Adije.

Climatic summer station and ferruginous earthy waters.

No establishment, and very quiet.

Scenery very picturesque.

Ober-Salsbrunner-Kronenquelle.—See Salzbrunn.

Ober-Selters .- Germany, Nassau, on the Ems.

Muriatic alkaline table water.

The production reaches 20,000 quarts daily.

Oberstdorf.—Germany, Upper Bavaria, near Sonthofen; 2,500 feet above the sea level.

Climatic air station and whey cure. Centre for excursions. Doctors: Drs. Reh and Zammert.

Obertiefenbach.-Germany, Bavaria.

Alkaline-sulphurous waters; climatic station; whey cure.

No establishment.

Doctor: Dr. Scholl.

Oberwinter.—Germany, Rhenish Prussia, near the Seven Mountains, and opposite Bonn.

Climatic station in summer. Very mild air. Comfortable

accommodation.

Doctor : Dr. Wirtz.

Obladis.—Austria, Tyrol, in the Upper Inn Valley; 3,780 feet above sea level.

Climatic station in summer; also an earthy saline spring;

may be taken pure or mixed with whey.

This station is frequented chiefly by persons passing the winter in Meran, and coming here for the summer months. The air is pure and delightfully cool, and the situation charming.

There is no regular establishment, but very comfortable

accommodation can be had.

Doctor: Dr. Wurgan.

Ochsenhausen.—Germany, Würtemberg, 1½ hours from Biberach; 1,790 feet above sea level.

Highly effervescent ferruginous waters. No establishments, but good accommodation.

Doctors: Drs. Birkenmayer and Mayer.

Odessa.-Russia, on the Black Sea.

Sea baths; mud baths.

British Consul-General: Colonel C. E. Stewart, C.B., C.M.G., C.L.E.

Vice-Consul: V. Bosanquet, Esq.

The establishments are very good.

Oesel.-Russia, Livonia, island in the Baltic Sea.

Sea and mineral mud baths.

Oeynhausen.—Germany, Westphalia. By railway $1\frac{1}{2}$ hour from Hanover, or $4\frac{1}{2}$ hours from Cologne.

Thermal saline springs, 90° F., charged with carbonic acid.

Special indications: Scrofula, hysteria, gout.

Climate: Mild.

Summer Season: 15th May to 30th September.

Winter Season: 1st October to 15th May.

Doctors: Drs. Lehmann and Reckmann.

Hotels: Pavillon, Victoria, Rose.

Ofen or Buda.-Hungary, on the right bank of the Danube.

Ofen possesses numerons thermal bathing establishments: the Kaiserbad, the Lukasbad, Königsbad, Raitzenbad, Bruckbad, &c. The water supplying these baths is charged with carbonate of lime, sulphate of soda and magnesia. Its action is diaphoretic, diuretic, and purgative.

Doctors: Drs. von Heinrich, Papai and Verzar.

Offenau.-Germany, Würtemberg, 3 hours from Heilbronn.

Cold saline and snlphurous waters.

Special indications: Scrofula.

There is a bathing establishment, which affords at the same time comfortable accommodation.

Offenbad.-Germany, near Frankfort.

Lithia waters.

Ohrdruff.—Germany, Saxe-Coburg; 1,400 feet above the sea level.

Hydropathic establishment, climatic air station.

Doctors: Drs. Muller and Beyer.

Olah-Szt-György.—Austria-Hungary, Transylvania, comitat of Bistritz-Naszod, one hour from Rodna.

Alkali-saline waters.

A small drinkhall. The waters are exported.

 ${\bf Oldes loe.-} Germany, Schleswig-Holstein\,;\, one \, hour \, from \, Hamburg\,;\, {\bf 5,000} \\ in habitants.$

Saline and sulphurons waters.

The establishments are good, and the accommodation most comfortable.

The royal family of Denmark having ceased to frequent the place, its former popularity has received a severe blow. Of late years visitors are again on the increase. A peculiar feature about Oldesloe is the large swimming baths in a salt lake covering an extent of 1½ acres.

Doctors: Drs. Berg and Dittmer.

Olette.-France, Pyrénées. From Paris by P.L.M.Ry. viá Lyons, Tarascon, Narbonne, and Prades in 211 hours, carriage (2 hours).

Several alkaline sulphurous springs, from 65° to 175° F.; mild climate.

Special indications: Rheumatic neuralgia, and neuropathy in

The arrangements are not good, and the number of visitors The accommodation is comfortable.

Ollon.-Switzerland, Canton Valais, between Aigle and Bex: 1.900 feet above sea level.

Climatic station.

Very mild air and sheltered position.

A quiet spot, picturesquely situated.

Ontaneda v Alceda. - Spain, province of Santander, valley of Toranco. Thermal sulphate of lime springs, 90° F.; very rich in nitrogen.

A well-appointed establishment, receiving a large number of herpetic patients. The site is picturesque.

The village is small, and contains some 60 houses. accommodation is good.

Season: 10th June to 1st October.

Doctor: Dr. Salazar.

Oporto.-Portugal, second town in the kingdom; 90,000 inhabitants.

Sea baths, sandy beach; also a winter station. There are good bathing appliances.

The country around is beautiful.

British Consul: M. H. Drummond, Esq.

Vice-Consul: H. Grant, Esq.

Doctors: Drs. Osorio and W. F. Colclough (English).

Orb .- Germany, Bavaria, district of Aschaffenburg; 450 feet above sea level.

Saline waters, 35° F.

Good arrangements, with comfortable accommodation.

Special indications: Scrofula, skin diseases and chronic nervous affections.

Doctor: Dr. Hufnagel.

Oregrund.-Sweden, near Stockholm.

Sea baths.

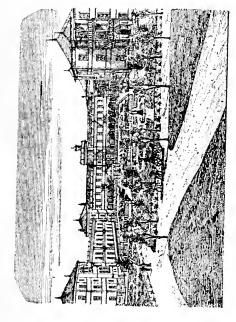
Newly established as a health resort, with very moderate terms for treatment.

Doctor: Dr. Lindstrom.

Orel.-Russia, Government of Poltawa.

Bitter and alkali-saline waters.

Exported, but not beyond Russia. One of the strongest alkali-saline waters known.



GRAND HOTEL, OROTAVA.



Orenburg.—Russia, north of the Caspian Sea, on River Oùral. Koumiss or fermented mare's milk cure.

Orense.-Spain, on the left bank of the Miño.

Three bicarbonate of soda springs, 155° to 160° F., but not used.

Orezza.—France, in the interior of Corsica, near Corte; altitude 1,950 feet above sea level.

Gaseous ferrnginous bicarbonate table waters, 57° F.

Mild climate.

Season: July to August.

Special indications: Anæmia, chlorosis.

Doctor : Dr. Donné.

Origny.-France, Department of Loire, near Roanne.

Cold bicarbonate of iron waters.

Oriol.—France, Isère, Clelle Station, on the line from Grenoble to Gap; altitude 2,425 feet above sea level.

Highly effervescing ferruginous bicarbonate waters. The high degree of effervescence of these waters explains their being so well tolerated by dyspeptic and anemic persons.

They are likewise efficacious in cases of gravel.

Oriol has no bathing establishment, the waters being used exclusively as table waters, and for exportation.

Oroslau.-Austria, Croatia.

Indifferent waters, 130° F.

Special indications: Nervous disorders, hysteria.

The site is charming, but the establishment leaves room for improvement.

Orotava. - See article on TENERIFFE.

Ospedaletti.-Italy.

Climatic health resort.

Hotels: Hotel Rhein and Pension Suisse.

Ostend.-Belgium, West Flanders, on the North Sea.

Sea baths of first importance. Season from 1st June to 1st October. Sandy beach and bracing climate.

The bathing machines are good and the sands excellent.

English church, Rue Longue. Post and telegraph office.

British Vice-Consul; W. C. E. Hervey, Esq.

Doctors: Drs. Van Oye, Verscheure, de Hondt, Janssens and Jumnè.

Hotels: De la Plage, Continental, Fontaine, Mertian, Marion, Ocean, and several others.

Ottenstein.—Germany, Saxony, near Schwarzenberg; 10 m., carriage to Ottenstein; 1,550 feet above sea level.

Climatic station in summer; air very pure and mild. Koumiss cure. Hydropathic establishment. Electric and pine-cone sapbaths; inhalation.

The environs are covered with pine forests. The walks and promenades are beautiful and well kept. A large park surrounds the Kurhaus. The accommodation is abundant and comfortable.

Doctor: Dr. Hufschmidt.

Ouchy.—Switzerland, near Lausanne.

Climatic air station.

Hotel: Beau Rivage.

Outrancourd.—France, Department of Vosges, near Contrexéville.

Cold sulphate of lime and magnesian springs, 2 grammes of mineralisation; slightly purgative.

Oyarzun.—Spain, province of Guipuzcoa, near San Sebastian.

Ferruginous waters.

There is a very small bathing establishment.

Oybin.—Germany, Saxony, near Zittau.

Climatic air station, holiday resort and hydropathic

establishment; whey cure.

The bathing establishment is very good and complete in its arrangements. The surrounding country is covered with pine forests, mountainous and very picturesque.

Doctor: Dr. Toop.

Hotel: Hôtel Engelmann.

Paderborn .- See INSELBAD.

Paignton.-England, Devonshire, Torbay.

Sea baths; firm sandy beach; bracing climate.

Season: May to October.

A great variety of amusements is offered during the season. Hotel: The Crown.

Paimpol.—France, Department of Côtes du Nord. Sea baths.

Paipa.—South America, New Granada, State of Tunja, and near the latter town.

Thermal sulphate of sodium waters, 135° to 180° F.

An exceptionally high mineralisation of 470 grammes, of which 329 are sulphate of sodium.

Palazonia.—Italy, Sicily, Val di Nolo, near Cattagnone. Highly effervescent ferruginous waters. No establishment, and used only by the inhabitants.

Palazzolo.—Italy, Sicily, six miles from Syracuse, Val di Noto.

Cold saline waters.

The splendid ruins standing close to this spring indicate that it was much in favour in ancient times. To-day it is almost completely abandoned.

Palestrina.—Italy, Romagna, in the Sabine hills.

Climatic station in summer. Very picturesquely situated, and an agreeable place of residence.

Palermo.-Italy, Sicily, capital of the island.

Winter station, though very damp. Sea baths.

Season: November to April.

Bathing season: May to October.

Mean winter temperature, 55° F. The changes in evening and morning temperature are gradual. Good drinking water. Mean temperature throughout the year, 75° F.; 75 to 80 rainy days during winter. Atmosphere free from sudden changes.

EXCURSIONS: Monreale, La Favorita, Termini, Girge Lercana. Cabs: One horse, 50 c.; by the hour, 1 fr. 80 cts. Two horses, 80 c.; one hour, 2 fr. 20 cts.

British Consul: S. J. A. Churchill, Esq.

Vice-Consul: E. M. de Garston, Esq.

Chemist: Caputo, Via Vitt. Emmanuele 107.

English Church: Via Cavour.

Post Office: Piazza Bologni.

Telegraph: Via Macequeda 226.

Doctors: Drs. Berlin, Cervello and Rummo. House and Estate Agency and Wine Merchant: S. Zingales Zanelli, via Giovani Meli 27.

Hotels: Hotel Trinacria, de France.

Pality.-Austria-Hungary, comitat of Bacs, near Szegedin.

Baths in the Lake of Pality, very celebrated for its waters,

which are especially efficacious in scrofulous cases.

The establishments are very efficient and the accommodation good, and moderate in price. The scenery is charming, and a great many visitors resort to the place.

Doctor : Dr. Szilasi.

Pallanza.—Italy, Lago Maggiore.

Climatic station.

Season: Spring and autumn.

Special indications: Chest and lung complaints.

Doctor: Dr. Scharrenbroich.

Pananich Wells.-Scotland, Aberdeenshire, two miles from Ballater. Saline ferruginous waters.

Two very well-appointed bathing establishments.

Special indications: Stone, gravel, dyspepsia, scrofula.

Panassau.-France, Department of Dordogne.

A water enjoying great reputation in the surrounding country, but not yet analysed.

Pantalaria.—Island in the Mediterranean, between Sicily and Tunis. Sulphurous steam grotto. Very hot natural steam baths. No establishment, although the baths are frequently used. Pantano.-Italy, Tuscany, near Cetona.

Ferruginous waters, 65° F. Highly gaseous. Used only by the surrounding inhabitants.

Panticosa.—Spain, province of Huesca, on the French frontier, near Canteret in the Pyrénées; 8,500 feet above the sea level.

Four sulphate of soda springs—El Higado, 80° F., el Herpes, 75° F., la Laguna, 73° F., and el Estomago, 88° F. These waters have various actions; el Higado and el Herpes are reputed sedatives to the nervous system; la Laguna is purgative; while the Estomago spring is stimulating to the

digestion. Azotic inhalations.

Season: In summer only. About 2,000 visitors every year.

Situated in a narrow mountain cleft, this place abounds in

lovely scenery. It is not easy of access.

Párad.—Hungary, comitat of Heves, near Erlau.

Sulphurons and effervescent ferruginous waters, one of the springs containing 0.76 per cent. of carbonate of iron. No other spring is so rich in iron. These waters are more highly gaseons than those of Spa, in Belgium. There is also a spring containing a large quantity of alum.

Special indications: Anæmia, chlorosis, debility, urinary disorders, liver and splenic plethora, affections of the respiratory

organs.

A very well-appointed establishment. Párad is one of the most frequented bathing-places in Hungary.

Doctor: Dr. Losteiner.

Paradies.—Switzerland, Thurgau, between Schaffhausen and Diesenhofen; 1,180 feet above sea level.

Artificial steam and mineral water baths. Chiefly frequented on account of its beautiful situation.

Paramé.—France, Department of Ille and Vilaine, from Paris, viá St. Malo.

Sea baths, sandy beach.

There is a casino.

Doctor: Dr. Rondet.

Hotels: Grand, de la Plage, &c.

Páramo de Ruiz.—South America; New Granada, in the central Cordillera; 11,500 feet above sea level. A very cold and elevated mountain plain.

A thermal spring, containing, like the solfatare waters, free sulphurous acid and hydrochloric acid. Only used in a primi-

tive way by the people of the surrounding districts.

Parchim.-Germany, Mecklenburg-Schwerin.

Chalybeate waters.

A very good establishment; the accommodation is comfortable, ample, and moderate in price.

Doctors: Drs. Bartsch and Schubert.

Paris.—Capital of France. From London 288 miles. Brussels 193 miles. Mentioned here as a convenient place at which to break the journey to many of the continental watering-places. For those who wish to avoid night travelling the distance from London is easily covered in daylight, and the hotel accommodation is excellent. A day or two may well be spent here by those who visit Paris for the first time. Next to London it is the largest city in Europe, and in beauty and cleanliness it is without a rival. It has a population of 2½ millions, mostly well-to-do citizens.

Places of amusement abound (there are over forty theatres). There is a large resident English community (about 10,000), with churches, schools, clubs, hospital and doctors.

Post Office: Poste Restante at General Post Office, Rue du Louvre.

Bankers and Exchange Office: T. Cook & Son, Place d'Opera.

· Cabs: For fares, see printed tariff in each carriage, about 1 fc. 50 c. the course, or 2 fc. an hour.

British Consul: A. P. Inglis, Esq. Vice-Consul: G. C. F. Atlee, Esq.

Doctors: Drs. Anderson, Barret, Cree, Jennings, Middleton, de Mirimonde, Robinson, Vaillant, Warden (all English).

Hotels: Grand, Terminus, de Lille et d'Albion, Bedford, Binda, &c.

Parknasilla.—Ireland, County Kerry.

Well-sheltered climatic resort on the northern shore of Kenmare Bay.

Special indications: Chronic or recurrent affections of the respiratory organs.

Parkstone.-England, Dorset, three miles from Bournemouth.

A fashionable suburb of Bournemouth, recently become popular; it has been called the Mentone of England, on account of its sheltered position and dry warm climate.

Parpan.—Switzerland, Grisons, near Churwalden, 4,650 feet above the sea level.

Climatic air station and good centre for excursions. Very stimulating air.

Partenkirchen.—Germany, Bavaria, in the Bavarian Alps; 2,500 feet above sea level.

Climatic station in summer. Goats' whey.

The place is situated in a most charming valley, and has a mild climate. The accommodation is good, and reasonable in price.

Doctors: Dr. Erdt and Krieger.

Passage.-Ireland, county Cork, on the west side of Cork harbour.

Sea baths; sandy beach; good climate.

Season: June to September.

Hotel: The Gerston.

Passugg.—Switzerland, Grisons, near Coire.

Alkali-saline waters; one spring containing iron. All the springs are highly effervescent, and are some of the strongest

of their kind.

Special indications: Chronic catarrh of the mucous membrane of the stomach and intestines, habitual constipation, acute anchylosis, gout, affections of the kidneys and urinary organs, morbus Brightii, diabetes, obesity.

The establishment is adequate, and comfortable accommoda-

tion can be had in Coire.

Doctors: Drs. Gamser and Scarpatetti.

Passy.-France, Department of Seine, near Paris.

Sulphate of lime and ferruginous waters, not effervescing, and difficult of digestion.

Paterno.-Italy, Sicily, Val di Demona, on the east coast.

Ferruginous and saline waters.

No establishment, and used by the natives only.

Patmos .- Asia Minor, island in the Archipelago.

Cold sulphurous waters.

No establishment; the waters are obtained in a primitive way, by digging holes in the ground, in which the baths are then taken.

Pau.—France, Department of Basses Pyrénées; 650 feet above sea level. From London in 24½ hours by Paris, Orleans, Bordeaux, Dax and Pnyoo. Winter station, Winter Palace, beautiful terraces over-

looking the Pyrénées. Remarkably free from wind.

Special indications: Chest complaints, cousumption, bronchitis. rheumatism, uervous diseases.

English Churches: Christ Church, Rev. C. H. Minchin; St. Andrew's, Rev. R. Acland-Troyte; Holy Trinity.

Scotch Church: Rev. G. Brown.

Post Office: Rue Nouvelle.

British Vice-Consul: A. R. Whitway, Esq.

Booksellers: Lafon, Rue Henry IV.; Lescudé & Ribaut, Rue St. Louis.

English Library: Rue Montpensier.

English Chemist: Jarvis, 20, Rue Serviez; Gardères, Rue du Lycée.

Doctors: Drs. W. H. Bagnell, F. L. Brown (English),

Andral, Goudard, Robert, Mennier and Aris.

Hotels: The Grand Hôtel Gassion, Hôtel de France, Hôtel Beau Séjour, and Grand Hôtel Guichard.

Peebles.-Scotland, Peeblesshire, near Inverleithen.

Hydropathic establishment, open in summer; saline waters.

Pegli.-Italy, on the Riviera, near Genoa.

A winter station with mild climate.

Doctors: Drs. Wagner and Chiappori.

Hotel: The Grand Hotel.

Peiden.—Switzerland, Canton of the Grisons; 2,500 feet above sea level.

Cold alkaline, earthy and saline waters, with 4 grammes of mineralisation.

Special indications: Neurosis, herpes, liver complaints, difficult digestion, chronic vesical catarrh, larvngitis.

Doctor: Dr. Riedi.

Perrière (La).—France, Savoy, near Moutiers; 1,460 feet above sea level. Saline waters 100° F.

Peissenberg.—Germany, Bavaria, district of Weilheim; 1,800 feet above sea level.

Sulphurous waters.

There is an establishment affording fair accommodation.

Pejo.—Italy, on the line Verona-Bento Bologna, 36 miles from Trent. Station. San Michell.

Very pure ferruginous waters.

This water, one of the most easily digested iron waters in Italy, has not received proper attention, owing to insufficient means of communication.

Pembrey.-Wales, Carmarthenshire.

Sea baths, sandy beach; climate mild.

Season: May to September.

Penarth.—Wales, Glamorganshire, near Cardiff. Sea baths, shingly beach; climate mild.

Pendine.—Wales, Carmarthenshire, near St. Clear. Sea baths, sandy beach, very good bathing; climate mild.

Penmaenmawr.-Wales, Carnaryonshire.

Sea baths, sandy beach; climate mild.

Season: July to September.

Hotels: The Penmaenmawr, Massey's.

Penzance.-England, Cornwall, Land's End.

Climatic air station and sea baths, sandy beach.

Climate mild and invigorating.

Special indications: Chronic affections of the pharynx, larynx, and bronchi.

Very much frequented station.

Hotels: The Queen's and The Western.

Perpignan.-France, Department of Pyrenées Orientales; 28,000 inhabi-

tants; near the Spanish frontier.

This is the Roman Flavium Eprusum. Its quaint and curious Spanish and Moorish looking houses give it an Oriental appearance.

A stopping-place for travellers to Le Boulou, Amélies-les-

Bains and other East Pyrenean watering-places.

Hotel: The Grand Hôtel de Perpignan. A good, comfortable house, overlooking the river.

Pertino.—Italy, Romagna, near Civitella.

Saline-iodurated waters, 60° F.

No establishment. The accommodation is extremely deficient.

Perugia.-Italy, capital of Umbria, midway between Florence and Rome; 18,000 inhabitants; 1,715 feet above the sea level.

A transitory station of great historical interest.

Perugia is the seat of a prefecture and headquarters of an army division. It is an old Etruscan town, full of interest. There are about 100 churches. Pope Leo XIII. was bishop here for upwards of 20 years.

The view from the gardens, where the palace of the prefecture stands, on the stately remains of the Paolina fortress, is one of the finest in Italy. The climate is beautiful, and attracts numbers of families during the summer months, from Rome and Florence.

Some very interesting excursions to be made in the environs. Hotels: The Grand Hotel, Posta.

Petersdorf.—Germany, Upper Silesia, near Warmbrunn.

Climatic air station and centre for excursions.

The place is surrounded by mountains covered with forests, and living is cheap. Excursions of great variety and beauty. Doctor : Dr. Jacob.

Petersthal.—Germany, Baden, in the Black Forest.

Bicarbonate of lime silicated waters (0.08 and 0.09 grammes of silicate). Four cold springs, 5 gr. of mineralisation.

Special indications: Dyspepsia and gastro-intestinal affections. A very well-managed establishment.

Doctors: Dr. Kimmig and Riss.

Petites Dalles (Les) .- France, Department of Seine Inférieure, from Paris, viá Fécamp.

Fashionable resort, frequented by authors and journalists.

Sea baths, pebbly beach.

Hotel: Grand Hôtel des Bains.

Petraglia,-Italy, Sicily, Val d' Nolo,

A mineral water spring, the surface of which is covered with petroleum. The water is used as a vermifuge by the surrounding peasantry.

Petriolo.-Italy, Tuscany.

Thermal, sulphurous and saline waters, 105° F. Special indications: Rheumatism and herpes.

Pfaeffers.—Switzerland, Canton of St. Gall. From Paris, viā Basle and Zurich; 2,200 feet above sea level. See Ragarz, which it adjoins.

Indifferent waters, 90° F. Three springs.

The hot spring of Pfaeffers supplies Ragatz with its thermal waters; they rise in a rock at the end of an enormously long cavern, formed by the approximation of two gigantic rocky hills, which meet at their summit in various parts, and form a cavern, at the bottom of which rushes at a terrific rate a large stream of water. The mineral waters beyond their heat (97°) have no special characteristics, but are formed of curative properties, their modus operandi being clouded in mystery. The bathing establishment, largely frequented, is on a large scale, and was built by monks in ancient times. It is solid, and by no means ornamental, but clean, warm, comfortable and exceedingly popular. There is accommodation for 300 visitors, and during the season (summer) it is always crowded. The baths have a continuous current of water passing through them. The terms are most moderate, the scenery lovely, and a walk along the torrent between high mountains to Ragatz is a thing to be remembered. There is a resident Swiss physician. The living is very good, and those requiring hydropathic treatment, rest and mountain air and scenery derive much benefit by a sojourn here.

See also RAGATZ, p. 237.

Pfaffnau.-Switzerland, Lucerne district.

Carbonate of lime, soda and magnesia waters of no great importance.

Doctor: Dr. Roessli.

Phantasie.-Germany, Bavaria, near Bairenth.

Climatic air station; whey cure.

Doctor : Dr. Falco.

Pierrefonds.—France, Department of Oise, near Compiègne. 200 inhabitants; altitude, 275 feet above sea level.

One cold sulphate of lime spring, analogous to Enghien, and one feruginous and arsenical.

Special indications: Pulmonary catarrh.

The establishment is thorough, and contains, besides all modern appliances, abundant and excellent accommodation.

Season: 1st June to 1st October.

Doctor : Dr. Duriez.

Hotels: Duchateau, Grand, &c.

Pietra.-Italy, Tuscany, in the Val de Chiana.

Carbonate of lime waters, 37° F. Two grammes of mineralisation.

Special indications: Dyspepsia and hepatic obstructions.

Pietrapola.—France, Corsica, 30 miles from Corte, 50 miles from Bastia. Sulphate of soda waters, 80° to 135° F.

Establishment has tanks and douches, and is magnificent.

Special indications: Nervous affections and syphilitic lesions. The springs were much used under the Romans.

Piguien.—Switzerland, Grisons. Station, Thusis; 3,240 feet above sea level.

Earthy, sulphurous, ferruginous waters, 60° F. Milk and whey cure.

The establishment is good, and affords comfortable accommodation.

Season: June to 30th September.

Pillo.—Italy, Tuscany, near Gambasti.

Very effervescent ferruginous saline waters, 35° F., with purgative action.

Special indications: Gravel and vesical calculus, general debility.

Piora.—Switzerland, near Airolo.

Climatic health resort.

Doctor: Dr. Albrizzi.

Pisa.-Italy, Tuscany on the Arno, near Leghorn.

Winter station, with a sedative elimate. 57 days with a clear sky during winter season; damp and steady air. Generally thought a melancholy station.

Hotels: The Grand, Londres, Minerva, and Victoria.

Pisciarelli.-Italy, near Naples, at the foot of Monte Secco.

Sulphate of iron waters, 180° F., and natural steam baths.

The establishments are inadequate.

Pistyan or Postyén.-Hungary, on the route from Vienna to Pesth, near Tyrnau.

Earthy, alkaline-ferruginous waters, 135° to 150° F. Mineral muds.

Special indications: Cutaneous ard rheumatic affections.

Doctors: Drs. Wagner, Alexander and Fodor.

Pitigliano.—Italy, Tuscany, near Grosseta.

Earthy saline waters, 105° F.

There is only a natural basin, without any accommodation.

Pitkeathly.—Scotland, Perthshire; also known under the name of Bridge of Earn. 11 miles from Perth.

Saline waters.

Situated in a most picturesque country, and one of the most frequented spas of Scotland.

Pitlochry,-Scotland, Perthshire.

Two hydropathic establishments, the Athole and the Pitlochry, both very popular in the summer.

Very fine Highland scenery.

Plombières.—France, Department of Vosges, near Aillevillers; 1,460 feet above sea level; 2,000 inhabitants. From Paris in about 7 hours by East of France line to Mulhouse, branching at Port l'Atelier to Aillevillers, and theree to Plombières.

Season: May 15th to September 30th.

Special indications: General debility and inaction of the skin, rachitis, anæmia, chlorosis, scrofula, chronic rheumatism and gout, chronic nervous diseases, intestinal congestions, hysteria, partial and local paralysis, contractions, anchylosis and articular complaints, hemiplegia and paraplegia, skin diseases, dyspepsia, chronic diarrhœa, intermittent fevers, hepatic colic, uterine catarrh, leucorrhœa, sterility, dysmenorrhœa, chorea.

There are seven bathing establishments—all well fitted up, in which are large stoves, hot rooms, hydropathic douches, massage, &c.; and a Casino, where concerts, balls, &c., are held.

Post and Telegraph Office.

Doctors: Drs. Lietard Davillier and Bernard.

Hotel: Grand Hôtel, near the New Baths.

Plymouth.-England, Devonshire.

Sea baths. The beach is rough. The climate is mild, but damp and relaxing, rain being prevalent.

Hotels: The Duke of Cornwall, Grand, Royal, &c.

Poggeto-Theniers.—France, Department of Alpes Maritimes, near Nice.

Sulphate of iron waters. Owing to the great amount of sulphate of iron which they contain, these waters must be taken with discretion.

Poggetti.-Italy, Tuscany, Val d'Ombrone.

Ferruginous earthy saline waters, 85° F.

Very primitive arrangements. Recommended in cases of gravel and vesical calculus.

Pojan.-Austria, Transylvania, comitat of Haromszek.

Effervescent ferruginous waters.

The establishment is primitive.

Polzin.-Germany, Pomerania, circuit of Cöslin on the Wugger.

Effervescent ferruginous waters.

Season: May to September. Much frequented.

The establishments are all very good, and the accommodation comfortable, abundant and moderate in price.

There are electric, pine-cone and mud baths.

Doctors: Drs. Lehmann and Bechert.

Pontaillac.—France, Department of Charente Inférieure, near Royan. Sea baths; saudy beach.

Pontamafrey.—France, Savoy, near St. Jean de Maurienne. Cold saline waters, containing iodide, iron and arsenic.

Pont à Mousson.—France, Department of Meurthe.
Four ferruginous springs, used only by the peasantry in cases of chlorosis.

Pontano.—Italy, island of Ischia. Earthy ferruginous waters, 90° F. No establishment.

Pont Aven.—France, Fiuistère. Sea baths. Charmingly situated.

Pont de Barret.—France, Department of Drôme, near Dieulefit. Station, Montélimar.

Bicarbonate of lime and magnesian springs. Special indications: Dyspepsia and gravel.

Pontresina.—Switzerland, Canton of Grisons, Upper Engadine; 5,947 feet above the sea level. By rail to Davos, Chur, or Thusis and thence by diligence in about 12 hours.

Climatic mountain station.

Season: June to September.

Pontresina, with 400 inhabitants, is about an hour's easy walk from St. Moritz. Its situation is beautiful, and the scenery is magnificent. It is frequented by those who wish to enjoy the mountain air and scenery of the Engadine without the restrictions imposed in the more fashionable health resorts. The inhabitants and the hotel proprietors, having a wholesome dread of consumption, have set their faces against a winter season, and do not care to entertain invalids. Being nearly 6,000 feet above sea level, it is seldom really hot here, the average midday season temperature being about 56°, and the evening 48°. The drainage is fairly good, and the village clean. Guides for mountain climbing can be had, and several interesting mountain ascents can be made. There is an English church, and English tastes are catered for.

Doctors: Dr. Gredig and Dr. Bernhard.

Hotels: Roseq, Kronenhoff, Enderlin, Bernina, &c.

Pontrieux.—France, Department of Côtes du Nord, uear St. Brienne. Sea baths; sandy beach.

Ponts (Les).—Switzerland, Canton of Neuchâtel.

Cold sulphate of lime waters.

A fairly frequented station.

Popoli.-Italy, Abruzzi, between Pescara and Aquila.

Sulphurous ferruginons waters, not thoroughly analysed; used in drinking and bathing.

Special indications: Rheumatism, skin diseases, nterine and

intestinal affections, chronic vesical catarrhs.

No bathing establishment. The springs being close to the town, visitors reside here and walk or drive to the baths.

Porla.-Sweden.

Cold ferruginons waters.

One of the principal ferruginous springs of the country (protoxy-carbonate of iron).

Porla is frequented by patients suffering with stomachic

disorders and chlorosis.

Accommodation excellent, both as regards board and residence and the establishment.

Porla mineral water is sent out in large quantities all over the country.

Doctor: Dr. Lennmalm.

Pornic.—France, Department of Loire Inférieure, opposite the Island of Noirmoutiers.

Sea baths, fine sandy beach; a good establishment, having a casino, with concert, reading, and assembly rooms.

Hotels: Casino, de la Plage.

Porretta (La).—Central Italy, between Pistoia and Bologna.—See La Porretta.

Port-en-Bessin.—France, Department of Calvados, vid Bayeux. Sea baths, very fine beach.

Portland.—England, south coast.

Sea baths.

Very salubrious climate.

Portobello.-Scotland, a suburb of Edinburgh.

Sea baths, firm sandy beach; ferrnginous waters at Joppa. Climate bracing.

Portrush .- Ireland, County of Antrim.

The chief watering place in the North of Ireland; its many natural health-giving advantages are too numerous to give details of; a splendid strand is overlooked by tiers of modern houses, and a palatial Hotel belonging to the Belfast

and Northern Counties Railway. The bathing in the open sea in the "Blue Pool" for those who swim is ideal; while the bath house for valetudinarians is all that can be desired. Attached to the Northern Counties Hotel is a series of bath rooms where every known form of fresh water and sea water bath may be indulged in, under the most luxurious modern conditions. All information may be obtained from the Belfast and Northern Counties Railway Company, Belfast, or the Irish Railways, 2, Charing Cross, London, S.W.

Pörtschach.-Austria, Karinthia; 1,400 feet above the sea level.

Climatic air station and lake baths.

Very mild climate and beautiful scenery.

Doctor: Dr. Leopold.

Port Stewart.-Ireland, county of Londonderry.

Sea bathing, sandy beach, air bracing.

Season: June to September.

Pötschnig.-Austria-Hungary, one hour from Oedenburg.

Alkali-saline, ferruginous waters, 55° F.

Special indications: Affections of the spinal cord, nervous debility, hysteria, spleen and liver complaints.

The establishment is good, and has comfortable accom-

modation; moderate prices. The site is charming.

Potsdam.—Germany, Brandenburg, near Berlin.

Cold ferruginous bicarbonate waters.

Doctors: Drs. Basdorff and Pierre.

Pougues .- France, department of Nièvre, near Nevers ; 1,450 inhabitants ;

700 feet above the sea level. 5 hours from Paris.

Effervescent, slightly alkaline and ferruginous waters, contains some magnesia, 55° F. The spring is called the St. Leger, and is diuretic, aperient and tonic; is largely used as a table water. Hot and cold douches; sitz baths with running water; carbonic acid gas baths. Climate mild and steady.

Pongues possesses celebrated china factories.

Season: 15th May to 1st October.

Post and Telegraph Office.

English Church service.

Doctors: Drs. Bovet, Faucher, Janicot, and Hérard.

Hotels: Parc, France, &c.

Pouillon.—France, Department of Landes, near Dax. Saline waters, 50° F.

Special indications: Rheumatism, scrofula, ague.

Doctors: Drs. Lorreyte and Getten.

Pozzuoli.-Italy, near Naples, on the road to Bajä.

Sulphurous saline waters, 80° F.

Special indications: Gout, rheumatism, scrofula, skin diseases.

Establishments open all the year; in the vicinity are the "Stufe di Nerone." (See these.)

Preblau. -- Austria, Carinthia, near Wolfsberg.

Alkaline waters. The waters are only exported.

Season: May to October.

Special indications: Chronic stomachic catarrhs, pyelitis, gravel, and vesical catarrh.

Doctor: Dr. Bancalari.

Préchac.-France, Department of Hautes Pyrenées, near Dax.

Cold saline waters, 130° to 140° F. Mud baths.

Small establishment. The surrounding country being much exposed to inundations, the town is little visited.

Prenzlau.-Germany, Prussia, province of Brandenburg, Uckermark.

Effervescent ferruginous waters.

The establishment is good, and much frequented by the people of Berlin.

Doctors: Drs. Everth and Giese.

Pré St. Didier.—Italy, Sardinia, Val d'Entrèves; 3,110 feet above sea level.

Saline earthy waters, 95° F.

A good establishment. The water is used only in baths

Prese (Le).—Poschiavo, Switzerland, Canton Grisons; 3,190 feet above sea level. It is reached viā the coach road from Sondrio (Colico-Sondrio Railway) to Tirano in about 23 hours; coming from the Lake Garda or from the Tyrol, Tirano is reached by the Stelvio, passing the Aprica Pass. It takes two hours by post from Tirano to Le Prese.

The Kurhaus of Le Prese on the Bernina road is charmingly located at the upper end of the Poschiavo lake. All visitors are impressed by the most lovely scenery, and all agree that the view is one of the finest that can be seen in Switzerland.

As Le Prese is situated on the south slope of the Alps, the climate is of a peculiar character, preserving in some respects distinctly Italian characteristics; whilst in others, on account of the high altitude and the proximity of the icy Benina top, it shews all the characteristics of an Alpine station. The temperature is even and mild, neither hot days nor very cold nights being known. The maximum is 77° F., the minimum 59° F. during summer.

Le Prese owes its reputation to the fact that it is an intermediary station, where, on the one hand, the abrupt climatic changes of the Engadine ranges are never experienced, while on the other the air is sufficiently mountainous and pure to act as a powerful tonic. There is a snlphur spring containing sulphate of lime, the water from which is used for baths, douches, drinking and inhalations.

Boating and fishing in the lake free of charge.

Doctor: Professor Dr. V. Grazzi; from Florence.

Hotel: Le Prese, open from the beginning of June to the end of September, stands on its own large grounds, and is fitted with every possible comfort. It has complete hydrotherapeutic arrangements and sulphur baths.

For any further information apply to the Direction.

Preste (La).—France, Department of Pyrénées Orientales, on the route from Perpignan to Amelie les Bains. Station Céret: 3,650 feet above sea level.

Inert waters, from 90° to 105° F.

 $Special\ indications:$ Diseases of the urinary organs, gravel and catarrh of the bladder.

Very efficacious, but insufficiently known.

The establishment is good, the site picturesque, and the vegetation luxurious.

Promontonio, or Promontogno.—Switzerland, Grisons, 1½ hour's drive from Chiavenna, 16 miles from Maloja; altitude, 2,800 feet.

Climatic air station.

In the midst of grand mountain scenery.

Spring and autumn season.

Hotel: Bregaglia.

Doctor: Dr. Zendralli.

Provins.—France, Department of Seine and Marne, 2½ hours from Paris. Cold ferruginous waters.

There is a good establishment.

Psekups-Springs.—Russia, Caucasia, near Eisk and Jekatherinodar.

Sulphurous waters, 65° to 140° F.

The country is very charming, and the place much frequented. The establishment is good and well-appointed.

Puda (La).-Spain, province of Barcelona. Station, Olesa.

Sulphate of lime and saline waters, 70° F.

Season: 15th June to 15th September.

Special indications: Herpes, scrofula, bronchial catarrh.

Very well-appointed establishments and good accommodation

Doctor: Dr. Gongona y Joanico.

Püllna.—Austria, Bohemia, near Brüx.

Bitter waters. One of the best and mildest preservatives and remedies against diseases of the digestive organs, constipation, congestions, liver and bladder complaints, nervous disorders, obesity, diseases of the eye, headache, giddiness,

dyspnœa, gastritis. In warm milk or sparkling mineral water, when rising in the morning or at night before retiring to bed.

There are no bathing or drinking establishments at Püllna, the whole range of buildings being adapted only for bottling Treatment is not carried out at Püllna itself. the water.

The water can be obtained from all chemists and mineral water merchants; at Püllna from the Direction; and in London from Messrs. Ingram & Royle, Ltd., 26, Upper Thames Street, E.C.

Putbus.-Germany, Pomerania, island of Rügen. Sea baths, with a good beach and surf. Doctors: Drs. Brasch and Bengelsdorf.

Puzzichello.-France, Corsica, Arrondissement of Corte. Two springs, one sulphurous and the other ferruginous.

Small establishment, where mud baths are also administered. Special indications: Skindiseases and hæmorrhoidal affections. The scenery is charming, and a sojourn agreeable but quiet.

Pwllheli.-Wales, Carnaryonshive. Sea baths, fine sandy beach. Climate mild. Season: June-September.

Pyrawarth.-Austria, Lower Austria, two hours from Vienna. Chalybeate waters. Climatic station.

Season: May to October.

The establishment is very elegant, and is situated in a beautiful park. The Kurhaus is close by, and has ball, theatre, concert and reading rooms.

The scenery is very charming, and the end of a visit is generally looked to with regret.

Doctor : Dr. Brée.

Pyrmont.—Germany, Principality of Waldeck-Pyrmont, on the Emmer. near Hanover, 2,000 inhabitants. From London by Ostend, Cologne, Elberfeld, Hagen, Soest and Paderborn to Pyrmont in 18 hours.

Chalvbeate waters of importance and considerable reputation;

effervescent saline waters, brine baths, inhalations.

There are seven springs, resembling those of Kissingen and stronger than Schwalbach or St. Moritz. The terms here are moderate.

Season: 1st May to 30th September.

Special indications: Female complaints, especially anæmia. chlorosis, scrofula, stomachic and intestinal catarrhs.

English Church.

Post and Telegraph Office. Dentist : H. Brandt.

Doctors: Drs. Gruner, Schnecking, Marcus, Menke, Seebohm, &c.

Hotel: The Grand Hôtel des Bains.

Queenstown.-Ireland, county Cork.

Sea baths, good sandy beach. Climate mild and equable. Season: June to September.

Quinto.—Spain, province of Saragozza, on the right bank of the Ebro. Saline earthy bitter waters, 60° F.

Special indications: Affections of the digestive organs, syphilis, rheumatism, skin diseases.

A well-attended station.

The situation is lovely; the establishment modern and elegant. There is ample accommodation for every class of visitor.

Doctor: Dr. Iborra.

Rabbi.—Austria, Tyrol, Valley of Rabbi; 3,800 feet above sea level, 30 miles from Trent. Station, Mezzoloucbarde.

Season: June to September.

Cold ferruginous waters. Whey cure.

The establishments are elegant and comfortable, and the accommodation abundant.

Doctors: Drs. Strofi and Job.

Hotel: Roma Rabbi.

Rabka.-Austria-Hungary, Galicia, near Makow.

Iodo-bromurated saline waters, very effervescent.

The establishments are not entirely in accordance with modern requirements. The place, however, is much frequented.

Doctor: Dr. Kopff.

Radeberg.-Germany, Kingdom of Saxony, one hour from Dresden.

Earthy saline ferriginous waters and mud baths.

Season: June to October.

The establishments are titted with all modern requirements. The accommodation is comfortable and moderate in price. The situation is picturesque, and the walks and drives are numerous and well kept.

Doctors: Drs. Gleissberg and Richter.

Radegund.—Austria, Styria, near Graz, 2,300 feet above sea level.

Hydropathic establishment; whey cure.

Season: March to November.

Doctor : Dr. Ruprich.

Radein.-Austria, Styria, three hours from Gleichenberg.

Saline, iodo-bromurated waters, largely exported.

The water-drinking establishments are modern, and the accommodation good.

Doctor: Dr. Rogner.

RAGATZ. 24I

Ragatz.—Switzerland, adjoining Pfaeffers; 1,700 feet above sea level. From London by Ostend, Basle, Zurich, and Sargans in 23½ hours; (1) £5 184, 6d. (2) £4 28. 9d. (Engadine Express).

Supplied by the waters of Plaeffers (which see).

Season: 15th May to 15th October.

Visitors, 30,000 annually.

Ragatz is picturesquely situated in Switzerland, on the railway leading from Landquart to Chur and Davos-Platz, near to the entrance of the Prattigan Valley. The village is entered by a pretty approach through a chestnut avenue lighted with arc electric lamps. It is supplied by the mineral waters of Pfaeffers, which rise about three miles away (see Pfaeffers). The mineral waters appear to have no special ingredients, although they are thermal, and have 98 degrees of heat, three degrees of which are lost en route from Pfaeffers to Ragatz. two large hydropathic establishments, both of which are usually quite full all the season—these are the Quellen Hof and the Hof Ragatz; each accommodates about 300 visitors, and are conducted on the lines of first-class hotels. The main, and it might be said only, cause of the therapeutic efficacy of this spring is undoubtedly the heat of its water; for four centuries a belief has existed that there is a mysterious "something" connected with this heat, but modern science has failed to discover what it is; some have advanced a theory that all heat is not the same, and that the source of the production of heat has something to do with certain characteristics it possesses, which characteristics science is unable to treat upon-at all events it is claimed that the heat of the Pfaeffers water has therapeutic and physiological effects peculiarly its own, and thousands, in this belief, visit Ragatz every year; and not only that, they are cured and relieved by hundreds. Nor this astonishing when it is looked into, for the early hours, restricted and regulated exercise, regularity of habits, constant bathing, &c., &c., prescribed by the Ragatz doctors for those who have come there to live "by rnle," after living otherwise for the rest of the year must have a good effect upon them. Ragatz has an increasing number of English visitors yearly, and there are in the United Kingdom thonsands who can and do speak well of the place. Swedish Gymnasinm, which is one of the finest on the Continent, enters largely into the treatment; machines for the passive movements of the joints are worked by electric motors-electricity is abundant and cheap at Ragatz, where millions of horse-power could be obtained by means of water wheels if required. The electric light is universally used. The Spa physicians are Drs. Bally, Jaeger, Dormann, and, in spring, Dr. Holland, from St. Moritz. Dr. Bally speaks excellent English. Massage is extensively used. It is

claimed that, practically, the Ragatz waters cure "all diseases," so that a list of them is unnecessary in this work. Visitors should read a well-written book by Dr. A. Schaedler (published by Scheitlin & Zollinkoffer, of St. Gall); or Ragaz-Pfaeffers (published by J. A. Preuss, Zurich), medical part written by Dr. Bally.

Doctors: Drs. Bally, Dorman, Jaeger and Norström.

Hotels: Grand Hotel, Hof Ragatz, Grand Hotel, Quellen Hof, Hotel Bad Pjueners (see advt. at end).

Rajecz-Teplitz.—Hungary, comitat of Trentschin. Station, Sillein; 1,300 feet above sea level.

Mixed waters, 80° to 95° F., containing alum and iron.

A well-frequented station. The site is charming.

Doctor : Dr. Telek.

Ramleh.-Egypt, on the Mediterranean, North-East of Alexandria.

A summer station for patients desirous of remaining in Egypt during the hot season.

Doctor: Dr. Cresswell.

Hotel: Beau Séjour.

Ramlösa.—Sweden, near Helsingborg, four miles from Copenhagen.

Ferruginous spring and sea baths.

Hydropathic establishment.

Ramlösa has an exceedingly charming situation, surrounded by shady beech woods.

Climate mild, and mildly bracing.

Establishment exceedingly well arranged. On the Sound there is a cold bath establishment. Favourite resort for tourists.

Doctor : Dr. Claus.

Ramsach.-Switzerland, in Basle district.

Climatic health resort.

Ramsey .- England, Isle of Man, on the North-East coast.

Sea baths; sandy level beach.

Climate healthy and bracing.

Season: June to September.

Hotels: The Queen's, Prince of Wales, Saddle, &c.

Mooragh Hydro.

Ramsgate.—England, Kent. By South Eastern or L. C. & D. from London in $2\frac{1}{3}$ hours; 15 minutes from Margate.

Season: May to October.

Climate: Bracing and invigorating. Rainfall 28.13 in.; 165 rainv days.

Special indications: Strumous diseases, anæmia, and general debility. Ramsgate, like its neighbour Margate, is one of the

most popular seaside towns in England. It can offer many attractions to the holiday-maker, and has thousands of trippers from all parts of the country in the season. Those who wish for a quiet time and who go there as a health resort should choose the early months of summer, when it is not quite so crowded. Sanitation is excellent and death rate low. It has a beautiful park, Italian gardens, and many other attractions, while excellent music is provided.

Amusements: Here may be enjoyed almost every kind of amusement. Good sea fishing can be had, and many yachts

harbour here during the season.

Hotels: Granville, St. Cloud, Royal, &c.

Randamel.-Iceland, district of Vestfirdinga-Fiordunger.

Ferruginous waters, 45° to 60° F.

The most frequented of any springs in Iceland.

Rapallo.-Italy, Riviera di Levante, 11 hours from Genoa.

Winter station, well sheltered from wind, and absolutely free from dust. Climate is very mild; exceedingly charming surroundings, a great choice of picturesque walks, excursions, &c. Excellent drinking water.

English services are held throughout the winter.

Doctors: Drs. Martin Bruck (summer at Nauheim, speaks

English), W. T. Beeby (English).

Hotels: Grand Hotel de l'Europe, Grand Hotel Beaurisage, Hotel Rapallo et Poste, Hotel Rosa Bianca, Pension Eden, Metropole, Suisse.

Rapolano .- Italy, Tuscany, on the road to Siena.

Thermal saline sulphurous springs, 95° F.

Season: July to August.

Special indications: Herpes, gravel and vesical calculus.

A well-frequented station.

Rappenau.-Germany, Baden, on the road from Heidelberg to Heilbronn. Saline waters.

Doctor: Dr. Wurzburger.

Rastenberg.-Germany, Thuringia.

Chalybeate waters.

Special indications: Scorbutus, dropsy, disorders of the blood, gout, rheumatism, hysteria, hypochondriasis.

Also saline, sulphur, and pine-cone san baths.

Doctor: Dr. Grebner. Hotels: Bath, Kurhaus.

Ravone-in-Casaglia.—Italy, province of Bologna, near Modena. Saline strongly iodurated waters; used in bathing and drinking.

Notwithstanding the fact that there is no bathing establishment, the place is much frequented for the beauty of its environs.

The waters are said to be superior to those of Monte-catini.

Recklinghausen.-Germany, Prussian province of Westphalia, district of Münster.

Saline waters.

The establishment is good, and situated in the midst of pine and beech woods. Very quiet.

Doctors: Drs. Drecker and Keimer.

Recoaro.—Italy, Lombardy, province of Vicenza; 6,000 inhabitants; 1,470 feet above sea level. Railway to Vicenza, theuce by steam tramway.

Alkaline acidulated ferruginous waters, 45° F., and mud baths.

Special indications: Chronic and nervous debility, female diseases, obesity, anæmia, chlorosis, gravel and vesical calculus, congestion of the liver, biliary calculus, hæmorrhoidal complaints, intestinal and stomachic catarrhs.

Post and Telegraph Office close to the bathing establishment.

Doctors: Drs. Chiminelli, Schivardi and Calliano.

Hotels: The Grand Hôtel des Bains, Hôtel Giorgetti and Hôtel de l'Europe.

Redcar.—England, Yorkshire, on the North Sea, near Guisborough. Sea baths; flat sandy beach.

Season: May to September.

Rede de Corvaceira.—Portugal, province of Traz os Montes. Sulphurous waters, 105° F. Primitive establishments.

Redruth.-England, Cornwall.

Saline and sulphate of lime waters; very rich in lithium.

Refsnaes .-- Denmark, near Kallundborg.

Sea baths.

Refsnaes is the chief seaside hospital of the north for the treatment of scrofulous children.

Mild and pleasant climate.

Doctor: Dr. Schaepden.

Regneville.—France, Department of La Manche. Sea baths; sandy and shingly beach. Oyster beds.

Rehburg.-Germany, Hanover, near Wunsdorf.

Cold carbonic and sulphate of lime waters. Mineral and mud baths.

Doctors: Drs. Michaelis aud Kaatzer.

Hotel: Kurhaus.

Rehetobel.—Switzerland; 2,900 feet above sea level.

Summer health resort.

Doctor: Dr. Niedern.

Rehme.—Germany, Westphalia, on the railway from Cologne to Berlin.
Saline waters, 75° F.

Inhalation hall; very fine Kurhans.

Reiboldsgrün.-Germany, Saxony, near Auerbach; 2,100 feet above sea level.

Climatic mountain station and ferruginous waters.

The establishment and accommodation are good.

Doctor: Dr. Driver.

Reichenau.—Austria, 2½ hours from Vienna by South Austrian Railway.

Climatic station in summer; whey cure; hydropathic establishment.

The establishment is thoroughly well fitted up; situated in a fine park, and contains concert, assembly, and reading rooms. It likewise affords comfortable accommodation.

Doctors: Drs. Thomas and Bittner.

Reichenhall .- See BAD REICHENHALL, page 28.

Reignier .- Switzerland, near Geneva.

Climatic health resort.

Doctor: Dr. Goy.

Reinbeck.-Germany, Holstein, half hour by rail from Hamburg.

Hydropathic establishment.

The "Sophienbad" is well fitted, surrounded by a large garden and park. The environs are very wooded.

Doctor : Dr. Hennings.

Reinerz.—Germany, Silesia; 1,750 feet above sea level; near Nachod.

Alkali-saline ferruginous waters, 20° to 45° F.

The climate materially assists the waters in cases of general debility.

Everything is well-appointed.

Doctors: Dr. Hilgers and Sechi.

Remollon.-France, Department of Hautes Alpes, near Embrun.

Carbonate of lime and sulphate of magnesia springs; 7 grs. of mineralisation.

Renaison.—France, Department of Loire, near Roanne, near St. Alban and St. Galmier.

Mixed bicarbonate waters, only for table use.

Renlaigue.-France, Department of Puy de Dôme.

Cold ferruginous waters, more effervescent than the Orezza waters.

Rennes-les-Bains.—France, Department of Aude, near Limoux; 1,000 feet above sea level. Station, Couiza-Montazels.

Sulphate of lime and magnesia ferruginous waters. Seven

springs, from 55° to 125° F.

Special indications: Atony, paralysis, rheumatism, anchylosis, scrofula, lymphatic affections.

Well appointed.

Very mild climate. The place is charmingly situated, and is a much-frequented station.

Hotels : Du Bain-Fort, du Bain de la Reine.

Retorbido.-Italy, Piedmont, province Volghera.

Saline sulphurous waters, 50° F.

Special indications: Hypertrophy of liver and spleen, scrofula, lithiasis, skin diseases.

The establishment is inadequate to the requirements of the place.

Reutlingen.—Germany, Würtemberg, near Stuttgart; 1,170 feet above sea level.

Cold sulphurous bicarbonate waters; whey cure.

Insufficient arrangements.

Doctors: Drs. Steinacker and Appenzeller.

Rheinfelden.—Switzerland, 9½ miles from Basle; 1,000 feet above sea level. 2,300 inhabitants.

Chloride of sodium waters, containing carbonic acid gas.

The strongest of all known saline baths.

Bathing establishment, and an establishment for air cure.

Special indications: Rheumatism and nerve ailments.

Season: May to end of September.

Hotel accommodation good.

Doctors: Drs. Bossart, Keller and Wieland.

Rhyl.-Wales, Flintshire, near Chester.

Sea baths; hard sandy beach; climate mild.

Concerts on pier and promenade.

Season: June to September.

Hotel: The Westminster.

Riedbad.—Switzerland, Canton of Appenzell; 2,610 feet above sea level, half-hour from Appenzell.

Alkali-saline sulphurous waters.

Were used so long ago as the 16th century; the establishment is good.

Doctor : Dr. Schlumpf.

Riederalp.—Switzerland, North-West of Brigue, near the village of Moerel; altitude, 7,000 feet.

Climatic air station.

Rietbad.—Switzerland, Canton St. Gall; 2,700 feet above sea level; station at Ebnat.

Alkaline sulphurous waters.

Near here are Kappel, Schmeriken, Rappenswyl and Kuranstaat.

Rietenau.—Germany, Württemberg, near Marbach.

Effervescent saline earthy waters. The establishment and accommodation are good.

Rieumajou.-France, Department of Hérault, near Salvatat; 17 hours

from Paris.

Several cold bicarbonate of lime springs, 60° F.

Special indications: Affections of the urinary organs, dyspepsia.

Riga.-Russia, on the Baltic.

Sulphurous waters, 35° F.

The establishment is fairly good.

Rigi.-Switzerland.

On this mountain are several health resorts and mineral springs. They are at Rigi Kaltbad (Dr. Zoeslin), Rigi Firsts, Rigi Kulm, Rigi Staffel (Dr. Eberhardt), Rigi Scheideck, Rigi Kloesterli.

Rigi Scheideck.—Switzerland, on the Lake of Lucerne; 5,073 feet above sea level.

Ferruginous waters.

Alpine air cure; goats' and cows' whey. More frequented for its beautiful scenery.

Riguardo.-Italy, valley of the Era.

Ferruginous muriatic waters, 55° F.

The establishment is inferior, but the place is well-frequented.

Rimini,-Italy, on the Adriatic; rail from Bologna to Ancona.

Sea bathing; sandy beach.

Season: June to October.

Splendid and well-appointed bathing establishments. Very healthy climate. It is the seaside resort of Italian society.

Rinderwald.-Switzerland, Bernese Oberland.

Sulphate of lime springs.

Near here are Adeboden, Bonderbach and Kandersteg—
all health resorts.

Riolo.—Italy, province of Ravenna, near Castel Bolognese, \(\frac{3}{4}\)-hour from Bologna, \(\frac{3}{4}\)-hour carriage from Castel Bolognese; 760 feet above sea level. Chalybeate, sulphurous and saline waters; several springs;

hydropathic establishment; inhalation.

Season: June 15th to September 15th.

Special indications: Chlorosis, lencorrhœa, vesical disorders, when not connected with organic diseases, for the chalybeate

springs; affections of larynx and pharynx, chronic affections of the skin, gout and rheumatism for the sulphurous; stomachic,

intestinal and female complaints for the saline waters.

The bathing establishment is one of the best in Italy, and is fitted with all modern appliances. It is situated in a large park, surrounded by villas and gardens. The resinous atmosphere of the pine forests on the surrounding hills is very suitable to patients suffering from chest and lung affections, or nervous disorders.

Hotels and villas, as also the establishment, afford abundant and comfortable accommodation at moderate prices. Highest inclusive charge, 12 fes. per day.

The village is clean and picturesque, as are all Italian country

places. Promenades and excursions are abundant.

Post and Telegraph office.

Yearly number of visitors, 5,000.

Concerts, illuminations, fêtes champêtres, &c., are the chief amusements.

Doctors: Drs. Allerard, Schuignach.

Rio-Vinagre.—South America, New Granada, Boyaca; 9,800 feet above sea level, at the foot of the volcano.

Thermal waters, 175° F., containing sulphuric acid 1'11 gr., hydrochloric acid 0'91.

These waters are analogous to those of the Paramo de Ruiz.

Rippoldsau.-Germany, Baden, in the Black Forest; about 2,000 feet

above the sea level.

Saline chalybeate waters, very effervescent, containing sulphate of magnesia in large quantities. The three sources for drinking are the Josephs-Quelle, the Leopolds-Quelle, and the Wenzels-Qnelle, containing bicarbonate of iron and bicarbonate of calcinm. For the iron baths two springs are used, which contain less iron, but are rich in carbonic acid gas. There are also mud baths, pine-needle baths and hydroelectrical baths; carbonic acid baths, new electric light bath; whey cure, milk cure and hydropathy. Climatic station of first importance, owing to the surrounding pine woods. The water is exported.

Season: May 15th to September 30th. Number of visitors

annually from 2,000 to 3,000.

Special indications: Indigestion, dyspepsia, disorders of the stomach, plethora abdominalis, hemorrhoids, constipation, hepatic disorders, nervous complaints, hypochondria, hysteria, asthma, anæmia and chlorosis, general debility, irregular menstruation, glandular swellings, intestinal obstructions, gout and rheumatic affections of the mucous membrane.

The situation of Rippoldsau is very charming, at the foot of the Kniebis, the highest mountain in the Black Forest. The

Nearest Railway Stations: Wollych (Baden), Perthessiver (Würtemberg).

BAD RIPPOLDS-AU.



scenery is wild and romantic, precipices, ravines and waterfalls alternate with meadows and pleasant homesteads, on the borders of an ubiquitous pine forest. Rippoldsau is one of those spots which, though easy enough of access, convey to the visitor the sensation of being at an infinite distance from the turmoil of cities and civilised life. Though Nature has so amply provided for this beautiful spot, art has also aided. The gardens, avenues of trees, parks and walks over the hills have been laid out with great care and skill. All things considered, Rippoldsau is the spot in which to pass a few weeks in summer, for rest and retirement, apart from all considerations of health.

Rippoldsau is a small village with 695 inhabitants, who still dress in the picturesque Black Forest costume, and the whole place gives an idea of rural simplicity scarcely to be found, perhaps, elsewhere. The avenue of limes in front of the baths

is the rendezvous of visitors.

Some portions of the bathing establishment are modern, while others preserve their original and archaic characters.

The excursions are very varied, and extend through the whole Black Forest. Amusements are likewise provided for; a Bohemian band plays three times daily. The buildings are all connected by covered passages, and communicate by means of electric bells. They contain large dining-rooms, ladies' room, music, coffee, reading, smoking and billiard rooms, and a large lawn tennis ground. Electric light. Balls and dances are given from time to time.

Post and Telegraph Office in the Bathing Establishment.

- Doctor: Dr. Ph. Oechsler.

Hotels: Hotel and Kurhaus Bad Rippolds-Au, first-class hotel; Gasthaus zum Erbprinzen, alt Klösterle, Gasthaus zum, Klösterle, Pension Rosengarten.

Riva.-Austria, Tyrol, on the Lake of Garda.

Climatic station.

Season: Spring and autumn.

The climate is windy and changeable; the scenery around is picturesque. This station is little frequented.

Riva-los-Baños.—Spain, province of Logroño, near Torrecilla de Cameros.

Saline alkaline waters, 70° I., contains a little iron.

Special indications: Dyspepsia, gastralgia, liver and spleen affections, chlorosis, anæmia, vesical catarrh, calculus.

The establishment is modern, and situated in a large park. The accommodation is cheap and good.

Doctor: Dr. Menendez Tejo.

Rivera .- Spain, province of Jaen.

Sulphate of lime waters, 45° F.

Special indications: Skin diseases.

Roccabigliera .- France, Department of Sea Alps, near Nice, on the left bank of the Vesubia.

Sulphate of lime waters, 80° F.

The arrangements are very primitive, and little is done to attract visitors.

Rocca San Felice.-Italy.

Alkali-saline waters, 95° F.

The establishment is very inadequate.

The waters are used internally and externally.

Rodenberg.-Germany, Hesse-Nassaú.

Saline waters, brine baths, 60° F.

The establishment is tolerable, and the accommodation moderate.

Doctors: Drs. Heldmann and Nenssell.

Rodna.-Austria-Hungary, Transylvania, on the frontier of Moldavia.

Highly effervescing alkaline ferruginous waters, 7 grs. of mineralisation. Exported.

Special indications: Catarrhal affections, anæmia, chlorosis. Good arrangements, and comfortable accommodation at moderate rates.

Rohitsch.—Austria, Styria, on the Croatian Frontier in the Noric Alps. Cold effervescent saline ferruginous waters. Exported. Special indications: Intestinal atony and mucous catarrhs. Season: May to October.

Very good arrangements. The site is picturesque. Altitude 700 ft., and climate mild.

Doctors: Drs. Glax and Hoisel.

Hotel: Kurhaus.

Rohnau.-Germany, Silesia, district of Landshut.

Ferruginous sulphurous waters.

The establishment is good, and affords comfortable accommodation.

Roigheim .- Germany, Würtemburg, near Möckmühl.

Cold sulphate of lime waters.

A small establishment; very quiet.

Rolle.—Switzerland, Canton of Vaud, on the borders of the Lake of Geneva; 1,600 feet above sea level.

Alkali-saline ferruginous waters.

Special indications: Catarrh of the uterus.

Doctor: Dr. A. de Watteville (English).

Romanshorn.—Switzerland, terminus of the N.E. of Switzerland Railway.

Near here are the following health resorts:—Arbon, Horn, Rorschach, Bains de Sulgen and Bitzibad.

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Rome.—Italy, capital, 480,560 inhabitants. London, Paris, Dijon, Culoz, Modane, Turin, Genoa, Rome in 43 hours (1) £10 2s. 6d.; (2) £7.

Winter station.

Season: October to June; the best months being March to May.

Climate: Being situated at an equal distance (13 miles) from the sea and mountains, the climate is mild. The mean movement of the air is only 5 miles an hour, enabling invalids to be out during the coldest months with comfort. dominating wind in the winter months is the tramontana, which, nnless it blows more than 8 miles an hour, and it rarely does, is invigorating; next to the tramontana come southerly winds, and they are essentially sea breezes. sirocco, or south-east wind, which, fortunately, does not often blow, is a moist and enervating wind. Mean rainfall, 306 inches, rainy days, 96; cloudless, 155, mixed, 127, and clouded, 83. Mean humidity, 65; mean annual temperature, 60° F. The difference between day and night temperature is very considerable. Frost and snow are rare. Invalids should be indoors at sunset. For fuller details, see Mendinis (Hygienic Guide to Rome, translated by Dr. Eyre, Scientific Press, London).

Special indications: General debility, convalescence, catarrhal affections, more particularly of the throat and bronchial passages, early phthisis, chronic Bright's disease, diabetes.

Rome is the most celebrated of cities, alike famed in ancient and modern history, and it therefore possesses enormous attractions for those who reside there, whether they be healthy persons or invalids. It has an excellent water supply, and although in the hot summer months the district is malarious, Rome itself is not only the healthiest city in Italy, but also one of the healthiest in the world, as statistics undoubtedly prove. There is no doubt that at one time malaria, or Rome fever, was prevalent in the city, but there is little or no risk in Rome at the present time. The water supply is abundant and excellent, sewerage good, and a very low general death rate (17.5 per 1,000.)

Amusements: There is a large and increasing English colony resident here every winter. The benefits to be derived from the attractions and distractions of Rome are universally recognised and it is unnecessary to dwell upon them. There are numerous and delightful public gardens, with military bands, theatres, and concerts in public halls.

British Consul: C. C. Morgan, Esq.

English Bankers: Rossler Franz, 96, Piazza di S. Claudio; T. Cook & Son, 1B, Piazza di Spagna No. 1B; Plowden & Co., 66, Piazza S. Claudio

Italian Bankers; Rinaldi & Co., 20, Via Condotti.

Doctors; Drs. Bonar, Brock, H. Burton-Brown, Charles, and Eyre.

Dentists: A. T. Webb, 87, Via Nazionale; Chamberlain & Malbron, 113, Via Babuino; Baker & Co., Piazza di Spagna,

English Chemists: William A. Wall, A.P.S., 1, Via S. Nicola Tolentino; James Evans, 64, Via Condotti; Roberts & Co., Piazza S. Lucina.

Hotels: Grand, Russie, Continental.

Booksellers: Loescher, 307, Via Corso; Modes & Mendel, 146, Corso; Libreria Spithover, 85, Piazza di Spagna.

Forwarding Agents, Packers, &c.: Lemon & Co., 49, Piazza di Spagna.

Römerbad.—Austria, Styria, near Cilli; 760 feet above sea-level. Inert waters, 95° F. Climatic station in summer.

Equable atmosphere. The establishment is very good, and the situation picturesque. The gardens, parks and roads are well kept, and Römerbad is a favourite resort.

Doctor: Dr Mayrhofer.

Römerbad.—Switzerland, Aargau, near Zofingen; 1,450 feet above sea level.

Earthy alkaline waters.

Establishment and accommodation are good.

Romeyer.—France, Department of Drôme, near Die. Cold sulphurous waters.

Die is more frequented for its resin baths than its spring.

Roncegno.-Italy, Trientino, 1,760 feet above sea level.

Ferruginous, highly arsenical waters.

Large bath establishment, good accommodation, 150 rooms. Season: May to September.

Special indications: Skin diseases.

Doctors: Drs. Zaniboni, Gazzoletti.

Ronneburg.-Germany, Saxe-Altenburg, near Gera.

Iodurated ferruginous waters; pine-cone sap, lime, sulphurons and steam baths. Whey care.

The establishment is fitted with all modern improvements, and the scenery is romantic. Accommodation good and reasonable.

Doctor: Dr. Finkeisen.

Ronneby.-Sweden, province of Bleckingon, near Carlskrona.

Sulphate of iron waters.

Special indications: Debility, anæmia, chlorosis.

One of the richest ferruginous springs in existence. Themost frequented of Swedish mineral spas, with arrangements in all respects similar to those in vogue on the Continent Situation exceptionally picturesque; lovely parks. There are good sea baths. As a health resort it can well compete with popular resorts of other countries, while surpassing them by the excellent technique of the establishment.

Doctors: Drs. Bendz, Neyber, Weidemann and Rietz.

Ronya.—Austria-Hungary, comitat of Neograd.

Effervescent ferruginous waters.

There is an establishment, but the accommodation is indifferent.

Rorschach.—Switzerland, Canton of St. Gall, on the South shore of the Lake of Constance, 4,500 inhabitants: 1,240 feet above sea level.

Climatic station in summer; baths in the lake; Turkish baths.

Very pure and equable atmosphere.

Rorschach is a small old town, the foundation of which dates from the 8th century. It is a very favourite summer station and a centre for excursions. The hills and mountains at its back are clad with pine forests, and handsome villas with their gardens surround it to a large extent. There are many quaint old houses, and a museum with a reading-room. Post and telegraph offices near the port. One of the most favoured excursions is by railway to Heiden.

Other excursions may be made to Annaschloss, Möthelischloss,

Stone Table, Weinburg, Romanshorn, and Arbon.

In the district of Rorschach are the following health resorts:—

Thal, near Rheineck station; St. Margarethen, with a sulphurous spring; Balgach, with a ferrnginous spring; and Berneck, climatic air station.

Doctors: Drs. Dubly, Freuler, Hane, Hemmer, Pauly,

Schuler.

Hotel: The Hôtel du Cert.

Roselle.-Italy, Tuscany, on the Ombrone, near Groseto and Siena.

Saline ferruginous waters, 105° F.

Special indications: Arthritic and rheumatic complaints, neuralgia, muscular contractions, rheumatic paralysis.

The establishment is a new and elegant building. The waters were used by the Romans. Accommodation good.

Rosengarten.-Switzerland, near Lichtensteig station.

Climatic health resort.

Doctor: Dr. Maag.

Rosenheim.—Germany, Bavaria, between Munich and Salzburg; 1,370 feet above sea level.

Effervescent ferruginous waters, and climatic station.

The situation is very romantic. The establishment good, affording comfortable accommodation at moderate rates.

Doctors: Drs. Bernhuber and Mayr.

Röslibad.-Switzerland, near Zürich.

Earthy alkaline waters, containing alum.

The establishment is thoroughly good, and supplies all varieties of artificial mineral baths.

Rostona.-Italy, near Chianni.

Sulphurous waters.

Special indications: Skin diseases, gravel, and vesical calculus.

The establishment is inferior.

Rostrevor.-Ireland, county Down, near Warrenpoint.

A well-sheltered and warm health resort, one of the most fashionable in Ireland, situated at the foot of the Mourne mountains, entirely sheltered from east winds; surrounded by charming scenery. Excursions to the Isle of Man, which is visible from the hills.

Sea baths, sandy beach.

Hotel: The Mourne.

Rothbad.-Switzerland, Simmenthal district.

Ferruginous waters.

Near here is Wimmis, a small health resort.

Doctor : Dr. Portmann.

Röthelbad.-Germany, Würtemberg, near Stuttgart and Ulm.

Inert waters.

The establishment is good.

Röthenbach.—Germany, Würtemberg, near Najold; 1,250 feet above sea level.

Earthy waters, 70° F.

The establishment is not of the best.

Rothenbrunnen.—Switzerland, 3½ hours from Coire; 1,850 feet above sea level.

Climatic health resort.

Doctor: Dr. Bernhard.

Rothenburg.-Germany, Bavaria, on the Tanber; 1,050 feet above sea level.

Inert waters.

The establishment is good.

Doctors: Drs. Heckel and Tritzel.

Rothenfelde.-Germany, Westphalia, near Osnaburg.

Saline waters and brine baths, 65° F. Contains a large quantity of iodine and bromine.

The establishment is adequate, but little has been done to attract visitors. The air contains much ozone, due to the surrounding pine forest.

Doctors: Dr. Angenete and Kanzler.

Rothenfels.-Germany, Baden, close to Baden. Baden.

Saline waters, 50° F.

A very picturesque situation. The establishment is excellent. Doctor: Dr. F. Graf.

Rothésay.-Scotland, Island of Bute, Firth of Clyde.

Cold saline and sulphurous springs. Mild climate.

The Glenburn hydropathic establishment is fitted with every modern improvement, electric light, and complete system of sea water, Russian, Turkish, plunge baths, Nanheim. Golf, tennis and boating.

Doctor: Dr. J. N. Marshall.

Rottweil.—Germany, Würtemberg, in the Black Forest; 2,100 feet above sea level.

Saline treatment of scrofula; whey cure.

The site is beautiful. Establishment good.

Doctors: Drs. Fischer and Lang.

Rouzat.—France, Department of Puy de Dôme, near Riome. Altitude, 1,700 feet above sea level.

Ferruginous waters.

Royan (Railway Station).—France, on the Atlantic, Department of Charente Inférieure.

Sea baths and sandy beaches—now much frequented.

Casino, furnished villas.

Doctors: Drs. Andouin, Roux and Salmon. Hotels: Bordeau, de Paris, Grand, &c.

Royat.—France, department of Puy de Dôme, near Clermont-Ferrand; 810 feet above the sea level. From London and Paris to Clermont-

Ferrand, from which omnibus and electric tram.

Mixed alkaline-ferruginous effervescent waters, containing some arsenic and lithium, 45° to 95° F., four springs, St. Mart, St. Victor, César, Eugenie; grand swimming baths; douche and carbonic acid baths.

Season: From 15th May till October 15th.

Number of Visitors: About 10,000 per season, including

about 4,000 patients.

Special indications: Lympathic affections, anæmia, chlorosis, catarrhal affections, arthritic gout and skin diseases dependent

on a gouty diathesis.

Royat is situated in a charming valley leading to the Puy de Dôme, and about two miles distant from Clermont-Ferrand, and

Dôme, and about two miles distant from Clermont-Ferrand, and about 9 hours' journey from Paris. The country shews craters of extinct volcanoes, surrounded by mineral springs; of all departments of France, this is the richest in volcanic remains. Poulett Scrope, the English geologist, was the first to write a complete description of this region. The province was for

many centuries occupied by the Romans, living in a high state of civilization, as attested by the marvellous remains of baths, &c., shewing evidence of their knowledge and experience of

mineral waters.

The climate is agreeable and mild, and the waters are strengthening and invigorating. They are the sole waters containing lithium as a medicined dose, and what considerably enhances their value is the circumstance that they can be taken at home. The waters of the Cæsar spring, when taken in good health, develop the appetite and promote digestion; they are the most delicious and palatable of the Royat waters. The Saint Mart spring, being of a more decided mineral nature, containing 35 milligrammes of lithium, should be preferred in gout and rheumatism. It is known in France as "La Fontaine des Goutteux." The Saint Victor are most efficacious in general debility, weakness and convelescence.

The arrangements at Royat are excellent. The scenery is mountainous, and offers many objects for excursions. The village offers all the comforts and amusements of an important station. There is a gymnasium, and Casino with concerts and theatrical performances.

English Church Service at Continental Hotel.
Post and Telegraph Office and Telephone Office.

Bookseller: Puel Vve., in front of the Establishment.

Doctors: Drs. H. Brandt, Egerton Brandt (both English), Bouchinet, Chauvet, Courtault, G. E. Frédet, H. Grasset, Laussedat, J. Le Marchant de Trigon, Pardoux, C. A. Petit, P. J. Petit fils, Rocher, Rosenblith and Mme. Cécile Dylion.

Administration of Establishment: Chief office: 46, Rue Lafavette, Paris.

Roye, or St. Mars-les-Roies.-France, near Noyon.

Effervescent ferruginous waters.

Very little used.

Roznau.—Austria, Moravia, two hours from Pohl; 1,225 feet above sea level.

Whey care and climatic station.

The establishment is elegant, and thoroughly well fitted up. Accommodation good and abundant, at moderate rates. Sojourn agreeable.

Doctors: Drs. Koblowski and Oppenheimer.

Rubinat .- Spain, on the French Frontier.

Sulphate of sodium and magnesia waters.

Strongly purgative action.

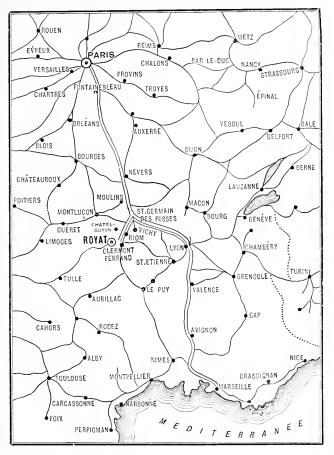
These waters can be obtained of Messrs. Ingram & Royle, 26, Upper Thames Street, London, and at Liverpool and Bristol.

Ruch-Eptingen.—Switzerland, Baselland; 1,800 feet above the sea level. Climatic health resort.

Season: May to September.

Doctors: Drs. Fries and Rippmann.

SKELETON MAP OF ROUTES TO ROYAT-LES-BAINS.





Rudolstadt.-Germany, capital of Principality of Schwarzburg.

Indifferent waters. Very picturesque site; pine cone sap and sand baths.

Doctor: Dr. Möller. Hotels: Ritter, Lion.

Rudolfszell.-Germany, Baden, near Constance.

Climatic air station: grape cure and baths in the lake.

Doctors: Drs. Mader and Weinzierl.

Rügenwaldermünde.—Germany, Prussia, railway to Carwitz on the Baltic.

Sea baths, sandy beach.

The environs are charming, and the visitors numerous but select.

Doctor: Dr. Haacke.

Ruhla.—Germany, Thuringia, near Eisenach; 1,400 feet above the sea level. Ferruginous waters, and hydropathic establishment.

Dectors: Drs. Sarnon and Cohn.

Hotels: Kurhaus, Bellevue.

Russwyl.—Switzerland, 31 hours from Lucerne; 2,040 feet above sea level.

Saline waters, only used by the surrounding peasantry in cases of skin diseases, difficult digestion, and nervous complaints.

Ruszpolyana.—Austria, Hungary, comitat of Marmáros, District Vissö. Earthy ferruginous waters.

Ruttihubel.-Switzerland, Emmenthal district.

Bicarbonate of lime, magnesia and ferruginous waters.

Doctor: Dr. Lenenberger.

Ryde.-England, Isle of Wight.

Sea baths; mild climate.

Hotels: The Crown, Pier Hotel.

Ryhope.-England, Durham.

Sea baths; firm sandy beach.

Saas Fée.—Switzerland, near Stalden, on the Viege-Zermatt Railway; 4,700 feet above the level of the sea.

Climatic air station.

Sables d'Olonne (Railway Station).-France, Vendée.

Sea baths, fine sandy beach.

Hotels: Casino, de la Plage, Remblai.

Sacedon.-Spain, uear Guadalaxara, and Huete.

Sulphate of lime waters, 70° F.; mud baths.

Special indications: Skin diseases, nervous affections, rheumatism, hemicrania, chronic sores, kidney affections.

Very well-arranged, elegant and comfortable establishment.
Much-frequented station, known and used in the times of the

Romans, and subsequently by the Moors.

Doctor: Dr. Gimeno.

Sachsa.-Germany, in the Harz, near Nordhausen.

An air-cure station, owing to the surrounding pine forests.

Doctors: Drs. Staack and Weiber.

Hotel: Schützenhaus.

Sack .- Russia, Government of Tauri, district of Keslow.

Brine and mud baths.

This lake is called, owing to the ill-savoured evaporation arising from it, "the putrid lake." In July and August it dries up almost completely. The mud is reported to be efficacions against gout, rheumatism, hæmorrhoids and skin diseases.

Säckingen.-Germany, Baden, three hours from Basle.

Waters, 70° F., with lithium and bromine.

The establishment is good, but residence is extremely dull. *Doctors*: Drs. Dischler, Lefholz and Streicher.

Saidschütz.—Austria, Bohemia, near Teplitz.

Bitter waters, exported in large quantities.

There is an establishment which, however, is little frequented.

Doctor: Dr. Preiss.

Sail-les-Bains.—France, Department of Loire, near Roanne; altitude, 810 feet above sea level. Station, Saint Martin d Estreaux.

Six springs: three bicarbonate, one ferruginous, and two sulphur, 55° to 85° F.

Special indications: Herpes, intestinal atony, affections of

A very well-appointed establishment.

Doctor : Dr. Hugues.

Sail-sous-Couzan.—France, Department of Loire, near Montbrison; altitude, 1,700 feet above sea level.

Cold alkaline ferruginous waters; two springs 55° F.

Special indications: Dyspepsia; the waters are reputed to have the power of exciting hæmorrhoidal and menstrual discharges.

The establishment is good, and accommodation abundant and comfortable.

Doctor : Dr. Bertrand.

St. Alban.—France, Department of Loire, near Roanne; altitude, 1,700 feet above sea level.

Bicarbonate of soda ferruginous highly effervescent waters,

35° F

This well-conducted establishment contains a chamber for the carbonic acid gas treatment. The scenery is picturesque.

The water is one of the best table waters known.

Doctor : Dr. Mury-Merit.

St. Amand .- France, Department of Nord, near Valenciennes.

Five springs; sulphate of lime waters, 50° F.

The sulphurous muds, with a temperature of 70° F., constitute the principal source of treatment. Mud baths and hydrotherapeutics.

The establishment and accommodation are luxurious.

Special indications: Chronic rhenmatism, neuralgias, eczema, &c.

Season: June 1st to September 30th.

Doctors: Drs. Corez and Fourmeaux.

St. Andrews.-Scotland, Fifeshire, from King's Cross, 444 miles.

Sea baths. Rocky beach. There are several lakes among the rocks, which form ideal bathing-places; on both sides of the town there are fine sands.

Climate dry; the rainfall being only half as great as on the

west coast.

St. Andrews may be called the Mecca of golfers; there are six golf courses; two long courses, 18 holes. Also a ladies' course and a children's course.

There are several large hotels, and the accommodation is good.

St. Annes-on-Sea.—England, Lancashire, near Blackpool.

Sea baths; sandy beach.

Climate mild but bracing.

St. Antoine di Guagno .- See GUAGNO.

St. Beatenberg.-Switzerland, near Thun.

Climatic air station.

Doctor : Dr. Muller.

St. Bees.-England, Cumberland.

Sea bath; firm, clean sandy beach.

Climate mild and bright.

St. Blasien.—Germany, Baden, 772 metres above the level of the sea, near the Feldberg, the highest mountain of the Black Forest. (See map at end.)

Railway Stations: Titisee, on the "Höllenthal" Line, Albruck (Waldshut) on the Rhine Valley ("Rheinthal") Line. Formerly a benedictine abbey (the abbot ranking as one of the peers of the realm), now a mountain and climatic health resort of alpine character, and at the same time a much frequented, charming summer resort, spring, intermediate and winter station.

Excellently kept walks, extending for hours in the most luxuriant pine woods, with over 400 seats, shelter-huts, torrents, waterfalls, alpine views, trout and general fishing, orchestra, physicians and dispensary. English divine services.

Special indications: Antemia, nervousness, affections of the respiratory organs, disordered circulation, chronic diseases of the female sex, constitutional disorders, convalescence after

illness.

Curative institutions: Hydropathic establishment of Hotel und Kurhaus St. Blasien, on the latest system, ladies' and gentlemen's departments, illutation, electric, medicated and other baths, douches of all kinds. Chief Physician: Dr. Determann, with two assistant physicians.

Dr. Sander's sauatorium, with douches, and other baths.

Proprietor: Dr. Sander.

Sanatorium Villa Luisenheim; Chief Physician: Dr.

Schwörer; Villa Kehrwieder (Rittmeister).

Physicians: Dr. Baader (District Medical Officer); Drs. Determann, Sander, and Schwörer.

Hotels: Hotel und Kurhaus St. Blasien, first-class hotel;

Private apartments and boarding-houses.

St. Boes.-France, Lower Pyrenées.

Sulphate of lime bituminous waters, 55° F.

St. Bonnet.—France, Department of Hantes Alpes, Arrondissement of Gap.

Sulphate of lime waters, 80° F.

Special indication: Skin disease.

St. Briac.—France, Department of Ille and Vilaine, viá St. Malo. Sea baths; sandy beach.

Hotels: Panoramas, du Centre.

St. Cassien.-Italy.

Thermal sulphurous waters.

Used especially in affections of the eyes.

St. Cergues.—Switzerland, Canton Soleure, 3,150 feet above sea level, in a very sheltered position; railway station, Nyon.

Climatic station.

Doctors from Begnins.

In the neighbourhood are noble pine forests.

St. Christau.—France, Department of Lower Pyrenees, South of Oleron.
Altitude 1,000 feet above the sea level.

Cuprous waters.

Special indications: Affections of the eyes.

Doctor: Dr. Bénard.

St. Croix.—Switzerland, Canton Vaud; altitude 3,700 feet.

Climatic air station.

Doctors: Drs. Christian and Weith.

St. Davids.—Wales, Pembrokeshire. Sea baths: firm sandy beach.

Pure and bracing air.

St. Gall.—Switzerland, capital of Canton St. Gall; population 28,000. Ferruginous waters at the source, Loechlibad.

St. Galmier.—France, Department of Loire, near Montbrison; altitude 1.700 feet above sea level.

Four springs. Alkaline table waters, which have been highly advertised; there are, however, many others superior to St. Galmier. More used on account of its pleasant agreeable taste than for its medicinal properties. These waters can be obtained of Messrs. Ingram & Royle, Ltd., 26, Upper Thames Street, London, and at Liverpool and Bristol.

St. Gervais.—France, Savoy, at the foot of Mont Blanc, near Sallanches, on the road to Chamonnix; station, Cluses; 2,4550 feet above sea level.

Four springs. Saline sulphurous waters, 50° to 120° F.

Season: 1st June to 30th September.

Special indications: Skin diseases, obstructions of the intestines and tape-worms.

A much-frequented station; it offers to the visitor all modern comforts. The scenery is grand.

Doctors: Drs. Gueridaud and Bastian.

St. Gildas.-France, Morbihan, near Vannes.

Sea bathing establishment for women kept by nuns. They lived formerly at the Abbey of Abeylard.

St. Gingolph.—Switzerland, Valais district; altitude 1,500 feet. Sulphate of lime, soda and magnesia waters.

St. Honoré.--France, Nièvre, in the centre of France, eight hours from Paris and from Lyons; 920 feet above sea level.

Alkaline sulphurous and arsenical waters, 70° to 80° F.

Season: May to October; climate mild.

Special indications: Skin diseases, affections of the pulmonary mucous membrane, scrofula.

A very well-organized thermal establishment. There are five springs.

Doctors: Drs. Odin (speaks English), Collin, Binet, Breuillard,

Hotels: Du Morwan, Bellevue and Hardy.

St. Jean de Luz.-France, near the Spanish frontier, on the Bay of Biscay.

Winter station, and very good sea bathing.

English Church: Rev. T. J. Cooper. Doctors: Drs. Governche and Argeliès.

Hotels: d'Angleterre, Paris, and de la Poste.

St. Laurent les Bains.—France, Department of Ardèche, near Privas. Station, La Bastide; altitude 2,860 feet above the sea level.

Saline alkaline waters, 130° F.

Special indications: Rheumatism, paralysis.

Three establishments, well frequented.

Doctor: Dr. Borel.

St. Lawrence-on-Sea.-England, Kent, Isle of Thanet.

Sea baths, sandy beach. Climate bracing.

Season: June-November.

There is a hydropathic establishment.

Hotel: The Granville.

St. Leonards-on-Sea.-England, Sussex, on the Channel coast.

A very fashionable resort. Sandy beach. Sea baths in summer.

Season: Antumn and winter months.

Hotels: The Alexandra, Eversfield, Grand and Victoria.

St. Malo.—France, Department of Ile and Vilaine; population 12,000. By boat from Southampton.

Sea baths; soft sandy beach; bracing climate.

The establishments are very good.

An old seaport with fortifications on a peninsula at the mouth of the Rance. The Ramparts are transformed into walks, and form a very pleasant promenade. It has very quaint streets and picturesque buildings. The Cathedral, Baths. Casino, Hospital, Library, Museum, Gymnasium are worth inspecting. It is the birth place of many celebrated men. It is a good centre for excursions into Brittany, and its harbour a favourite anchorage for yachts.

British Vice-Consul: Hon. E. Henniker-Major.

Doctors: Drs. Botherel and Ferrand.

English Church.

Hotels: The Grand Hotel Franklin, France and Univers.

Doctors: Drs. Ferrand and Nowry.

St. Martin-Lantosque.—France, Department of Sea-Alps, seven hours by carriage from Nice.

Slightly sulphurons thermal waters.

A favourite resort with the inhabitants of Nice. Not much accommodation.

St. Marv's.-England, Scilly Islands.

Sea baths, fine white sandy beach; mild and invigorating air; rocky scenery.

Hotel: Hugh House.

St. Maurice.—France, Department of Puy de Dôme, on the right bank of the Allier.

Bicarbonate of iron waters, 40° to 80° F.; 6 grammes of mineral principles.

Special indications: Scrofula, chlorosis.

An establishment very little visited.

St. Moritz-Bad.—Switzerland, Engadine; 5,800 feet above sea level. From London via Basle and Zurich to Chur, thence by carriage.

Effervescent chalybeate waters, 42° F.; whey and milk

cure; complete hydrotherapy.

Special indications: Anæmia, chlorosis, asthma, nterine and vaginal catarrhs, dysmenorrhæa, amenorrhæa, serofula, rhachitis, incipient phthisis and chest cases, such as emphysena. &c.

St. Moritz-Bad is situated in the highest part of the Upper Engadine, an Alpine valley in the south-east of Switzerland, world-famous for its chalybeate springs, its unequalled Alpine climate, and the beauty and grandeur of its mountain scenery, which altogether make St. Moritz as a health resort one of the finest in the world. In the season it is often the rendezvous of royalty and the fashionable world in general, as well as all lovers of mountain scenery and Alpine sport.

The hygienic arrangements of the place leave nothing to be desired, thanks to the topographical and climatic conditions and the new sanitary arrangements. Excellent and wholesome drinking water is everywhere plentiful, and is laid on even in the upper storeys of the houses. Within the last few years the entire district of the health resort has been drained on Waring's system, which conveys the sewage from all the buildings far out into the lake by means of

an automatic flushing contrivance.

Springs and Baths: There are three alkaline chalybeate springs of almost the same chemical compositions: The "Alte Quelle," "Paracelsus Quelle" and "Funtauna Surpunt." The therapentic value of these springs lays in the iron and carbonic acid which they contain. The temperature of the Alte and Paracelsus springs is 42° F., whilst Funtauna Surpunt registers a temperature of 45½° F. The baths are heated by steam in a way by which the water loses but little of its carbonic acid, the effect of which in the bath is very strong. All baths are provided with cold and warm doucles.

Doctors: Drs. Berry, Hossli, Holland; Miss (Dr.) Lendi; Dr. Nolda, Kurhaus Physician; Dr. Veragouth.

Chemist: Mutschler, facing Hotel du Lac.

The mean barometric pressure is $609^{\rm m}/_{\rm m}$; mean temperature during the three season months, 51° F.; relative dampness of air, 73.5 per cent.; days with rain, &c., 98 in the year.

Post and Telegraph Office: Facing Hotel du Lac. English Church: Midway between baths and village. Photographer: R. Guler, near the Post Office.

Forwarding Agent : Balzer & Kieni.

Bankers and Exchange Office: J. Tondury, Engadinerbank. Hotels: Kurhaus, Neues Stahlbad, Hotel du Lac, and Victoria,

which are all first-class establishments. Hotel Bellevue and

Hotel Central are second-class houses.

To these must be added a number of smaller hotels, boarding houses, and villas with furnished apartments, so that, including the neighbouring villages of St. Moritz and Campfer, the health resort can conveniently accommodate about 4,000 persons. The water-closets in all the abovementioned hotels are fitted up with Jennings's or the "Unitas" system.

St. Moritz-Dorf.

The remarks made concerning St. Moritz-Bad apply to St. Moritz-Dorf, with the following exceptions:-The latter village is about 200 feet higher; this allows of a winter as well as a summer season. It is also above the dampness and sharp wind of the Bad. The Dorf is connected with the Bad by an electric tram.

Before going to the Engadine, purchase Mr. Strickland's work, "The Engadine," published by Sampson, Low & Co., London; it contains a treatise written by Dr. Holland (the resident physician), which is well worthy of perusal, and also ap enormous amount of useful information. The springs of St. Moritz-Bad are closed during the winter.

Doctors: Drs. Holland, Hocasli, Nolda and Veraguth.

Post Office: A central one for the Dorf. English Church: Between Bad and Dorf.

Bankers: Bavier, Hotel Bavier.

House and Forwarding Agents: Brasson, Kien & Co.

Hotels: Hotel Kulm, Bavier, and many others.

St. Nectaire.-France, Department of Puy de Dôme, near Issoire; station. ('ondes. Altitude, 2,550 feet above sea level.

Mixed alkaline ferruginous bicarbonate waters, 55° to 110° F.

Supplying three establishments.

Season: June to October.

Special indications: Gastralgia, liver complaints, rheumatism and leucorrhœa.

Accommodation good.

Doctors: Drs. Ducrohêt, Geneix and Porges.

St. Radegund.-Austria, Styria, near Graz. Hydropathic establishment; whey cure.

Doctor: Dr. Macher.

St. Raphaël,-France, Var, on the sea coast, between Hyères and Cannes; Pop. 4,200.

Winter station (October to May).

Special indications: Debility, rachitis, scrofula, lymphatic affections, neurasthenia, anæmia, chlorosis, tuberculosis,

gont, &c.

Medical Establishment for new treatment by Inhalation of Ozone—sovereign remedy for maladies due to poverty of blood—is most comfortably and scientifically installed with hydropathic saloons, &c. A Hot sea water bath enables patients to take sea baths all the winter.

Climate: Situated between Hyères and Cannes, St. Raphaël enjoys the climatic advantages of the two stations; and, with the adjoining suburbs, Valescure and Boulerie, every medical requirement is fulfilled for the cure of the maladies mentioned.

Meteorological means for last ten years, observed by Dr.

Niepce during the winter season :--

50° F. mean. Temperature, winter, daily 58° mean. From 10 a.m. to 4 p.m. 29.902 inches mean. Barometer 2.5 m mean. Evaporation ... 58.4% mean. Humidity ... 3.3 inches. Rainfall 1 .. Ozone atmospheric Rainy days 35.. . . Sunshine 115 days. ...

English Church: Rev. A. Dyce, chaplain.

Doctors: Drs. Buss, Boutemps, Verget, Surrat. Niepce, Mireure, Roquemaure.

Hotels: Grand Hôtel de St. Raphaël, des Bains et Continental, Beau Rivage, de France; des Anglais (at Valescure).

Clubs: De Chasses et de Regattes-Lawn Tennis.

Excursions: Magnificent walks and drives through the resinous and aromatic forests of Esterel, and the sheltered woods of Boulerie and of Valescure.

St. Sauveur.—France, Department of Hautes Pyrénées, near Argelès; 2,400 feet above sea level. From London ria Paris to Pierrefitte, thence by carriage.

Two sulphurous saline-alkaline springs, 50° to 85° F., contain-

ing a little arsenic and much carbonic acid.

Sedative action; three springs.

Season: 1st June to 1st October.

Special indications: Nervous and lymphatic affections.

Female diseases are here made a speciality of.

Doctors: Drs. Druène and Sabail.

Hotels: Bains, Princes, Parc, France, Paris.

St. Servan.—France, Ile et Vilaine, close to St. Malo. Sea baths.

A pleasant resort, much frequented.

English Church.

Doctors: Drs. Barbot and Labbè.

Hotel: The Union.

St. Simon.—France, Savoy, near Aix-les-Bains.
Cold bicarbonate of lime waters.

Special indications: Gravel.

St. Thomas.-France, Pyrénées Orientales.

Sulphate of soda water, 115° to 140° F.

Special indications: Articular rheumatism, scrofula and skin diseases.

St. Valéry-en-Caux.—France, Department of Seine Inférieure, near Fécamp.

Sea baths; shingle beach.

Season: July to October.

Hotels: Des Bains, de la Paix, du Casino.

St. Valery-sur-Somme.—France, Department of Somme, near Boulogne.

Sea baths; sandy beach. A good establishment.

Season: May to September.

St. Vallier.—France, Vosges.
Same water as Contrexéville.

Ste. Catherine.—North America, Canada, near Niagara Falls.
Mineral water establishment.

Ste. Madeleine de Flourens.—France, Department of Haute Garonne, near Toulouse.

Cold ferruginous waters.

The establishments are good and the scenery charming.

Ste. Marie.—France, Department of Hautes Pyrénées, near Luchon. Two sulphate of lime springs, 40° F.

The new establishment is elegant, and affords comfortable accommodation. The station is rising in favour.

Salah Bey.—Algiers, near Constantine. Thermal springs, 65° F.

Salces.—France, Department of Pyrénées Orientales, near Perpignan. Effervescing saline waters, 50° F.

Salceti.—Italy, Tuscany, valley of the Arno, District of San Luce.
Alkali-saline waters, 55° F. The supply is very limited.

Salcombe.-England, Devonshire.

Climatic air station and sea baths.

Recommended to persons suffering from affections of the respiratory organs and pulmonary complaints.

The temperature is very even, as the town is almost surrounded by hills, though so near the sea, and oranges, lemons and citrons flourish in the open air, clearly showing the climate to be a very mild one. Salcombe has been called the Montpellier of the North. The hotel accommodation has lately been greatly improved.

Hotel: The Marine Hotel.

Salerno.-Italy, near Naples.

Winter station; waters effervescing and ferruginous, 60° F. Mild and moist air, with more sunny days than Naples.

British Vice Consul: P. Consiglio, Esq.

Hotel: d'Angleterre.

Salies.—France, Department of Haute Garonne, near St. Gaudens.

Sulphate of lime and saline waters. The latter possess 34 grms. of mineral principles, of which 30 grms. are chloride of sodium.

Salies de Béarn.—France, Department of Basses-Pyrénées, near Orthez. Population 6,000.

Saline bromo-iodurated waters, 59° F.; 250 grms. mineral principles, of which 225 grms. are chloride of sodium. A great salt-making place, and very good for salt baths.

Season: 15th April to 15th November.

Special indications: Scrofula and lymphatic affections.

Hotels: Grand Hotel, Pension Chateau de Saliesde Bearn, France, Cheval Blane, Paris, &c.

Doctors: Drs. Musgrave-Clay, Lafont, Matton.

Salins.—France, Department of Jura, on the River Furieuse, near Dôle; 9 hours from Paris. 1,200 teet above sea level. Population 7,000.

Saline bromine and brine waters, having 320 grms. of

mineralisation. Large salt works.

Special indications: Scrofnla, lymphatic affections and atony. A much-frequented establishment. Very well arranged, affording comfortable and abundant accommodation, at reasonable prices.

Season: June to September. There is a casino, with bands,

Doctors: Drs. Bourny, Compagnon, Germain and Toubin.

Salins-Moutiers.—France, Savoy, 1,500 feet above the sea level; rail to Moutiers via Albertville, the new line from Albertville to Moutiers being lately opened. Salins is about half a mile from Moutiers station; Electric Tramway.

Ferruginous saline (brine) effervescing waters, 95° F.; contain much chloride of sodium, and are bromo-iodurated;

also some arsenic and lithium.

The thermal establishment, quite new, is accommodated with two very large swimming baths, several other smaller bathing pools, 34 private baths, many rooms for complete hydropathy, general douches, special douches mineral mud baths, pulverizations, inhalations, &c., &c.

Season: 15th May to 1st October.

Special indications: Anæmia, debility, scrofula, chlorosis, metritis, rachitis; atonic affections of the nervous and genitourinary system; locomotor ataxy, affections of the heart, and

after surgical treatment.

The density of the waters is 2.1° (Baumé), and they contain 16 grammes of mineral principles to the quart. The enormous supply (about 5 million litres per day) permits a constant flow of running water throughout the new establishment. The celebrated Dr. Gubler said of these waters:—"They are the richest

"in chloride of sodium existing; neither Spain, Italy, nor Germany, "though possessing Kreuznach, Homburg, Nanheim, and Kissengen "can produce equally precious waters and all are inferior to the Salins "water. An elevated temperature, concentrated mineralisation, gas

"in solution, the enormous volume per day, are the superior characteristics which place them easily before all other saline waters,

"and which will assure Salins a prosperous future."

Post and Telegraph Office.

Doctors: Drs. Gonthier, Laissus, Philbert, and d'Arbois de Jubainville.

Hotel: Hôtel des Bains. Appartements pour familles.

Salles .- France, Department of Haute Garonne, near Luchon.

Ferruginous waters, 35° F., used as an adjuvant to those of Luchon.

Saló .- Italy, on the south shore of the Lake of Garda.

Climatic station. Too cold to winter in. The accommodation is inferior.

Saloniki .- Turkey, Macedonia, on the Gulf of Saloniki.

Several saline sulphurous thermal springs, close to the town.

Mud baths.

Salsomaggiore.—Italy, Parma. 520 feet above sea level. From London vid the St. Gothard and Milan route in about 34 hours.

Season: May to November.

Salsomaggiore is beautifully situated at the foot of the Apennines, about 28 miles from Piacenza and 20 miles from the town of Parma, and to health seekers it presents many and various attractions, but at present seems little frequented by English visitors. The air is clear and bright, so characteristic of Northern Italy, and during the bathing season rain rarely falls. The waters are particularly rich in bromine and iodine. The most recent analysis of the waters was made by Mr. Percy Richards, F.I.C., F.C.S., and is given in an article in the British Medical Journal, Feb. 12, 1898.

Special indications: Chronic rheumatic arthritis, urethral arthritis, scrofulous diseases of bones and joints, catarrhal

affections and chronic neuralgias.

The establishments are good and well arranged, with rooms for inhalations, douches, massage, iodosalt mud baths and atomised sprays, to meet all the requirements of modern balneology. There are many well-appointed hotels and boarding establishments.

Doctors: Professor Ettore Baistrocchi, Dr. Adolfo Malvisi.

Saltcoats.—Scotland, Ayrshire.

Sea baths.

A good bathing establishment.

Two establishments, one of which only is in use. Its arrangements are elegant, as in all Turkish baths.

Saltburn-by-the-Sea.-England, Yorkshire.

Sea baths and chalybeate waters; fine firm sandy beach. Climate mild and bracing. The country is wooded.

Saltsjöbad.-Sweden, thirty-five minutes from Stockholm.

Sea baths, exceedingly elegant.

Newly-established tourists' resort in immediate vicinity to the capital, with excellent accommodation and very picturesque situation.

Hotels: Bath, Grand. Boarding terms, kroner 0,50

Salvan and Finshauts.—Switzerland, Valais district; station at Vernayaz; 3,000 feet above the sea level.

Climatic air station.

Salz.-France, Department of Aude.

A small salt-water brook near the thermal spring of Rennes, in conjunction with which it is sometimes used as an adjuvant.

Salzbrunn.—Germany, Silesia, 1,216 feet above sea level. Waters of the Kronenquelle. Climatic and whey cure station.

Special indications: Diseases of the kidney and bladder (gravel and stone), all forms of gont and rheumatism of the joints, catarrhal affections of the larynx and lungs, as well as gastric and intestinal catarrhs.

The waters of the Kronenquelle are employed with great success in the above-mentioned diseases owing to their relatively great percentage of lithium and to their special composition, as the following analysis of Prof. Poleck shews (autumn, 1882).

One thousand parts Kronenquelle water contain 2:339 parts of solid matter, i.e.— Parts.

solid matter, i.e.—		Parts.	
Chloride of Sodium	 	0.05899	
Sulphate of Sodium	 	0.18010	
Sulphate of Potassium	 	0.04086	
Bicarbonate of Sodium	 	0.87264	
Bicarbonate of Lithium	 	0.01140	
Bicarbonate of Calcium	 	0.71264	
Bicarbonate of Magnesium	 	0.40477	
Bicarbonate of Strontium	 	0.00280	
Bicarbonate of Manganesium	 	0.00181	
Bicarbonate of Iron	 	0.00913	
Phosphate of Aluminium	 	0.90036	
Alumina	 	0.00047	
Siliaia agid		0.03460	

and minute quantities of bromine, iodine, boric acid, barium and nickel.

The Kronenquelle takes the first place among all waters sent abroad, in consequence of its great stability, about which Prof. Poleck further remarked, when publishing the above analysis. "This water may safely be kept in glass bottles for a long time without fear of its losing its efficacy. Water after one and a half years stored in my cellar had remained quite colourless and odourless, and preserved its particular taste. Of its ingredients only the small amount of bicarbonate of iron had changed by oxidation into hydrated oxide of iron. All the other constituents had not altered in any respect." Owing to this great advantage the waters of the Kronenquelle have gained in a very short time great favour with doctors for all patients not allowed to undertake a long journey, as the following trade record shows:-

		Bottles.	0		Bottles.
1881	 	12,623	1886	 	406,298
1882	 	55,761	1887	 	626,246
1883	 	61,808	1888	 	741,939
1884	 	143,234	1889	 	803,112
1885	 	247,180	1890	 	906,072

Shipped in claret bottles, with blue label and white metal capsules, corks branded "Kronenquelle, Salzbrann."

Address for letters and telegrams": "Kronenguelle, Salzbrunn."

The water can be obtained from all mineral water dealers and chemists, or the sole agents for the United Kingdom and the Colonies: Schacht, Warner & Co., 55, Fore-street, Finsbury-pavement, London, E.C.

LITERATURE ON THE KRONENQUELLE.

1. "Ueber die Kronenquelle zu Ober-Salzbrunn in ihrer Bedeutung als Nation-Lithion-Quelle," von Dr. Richard Gscheidlen, Professor an der Universität zu Breslau. Breslauer ärztliche Zeitschrift 1881 No. 6.

2. "Chemische Analyse der Kronenquelle zu Salzbrunn in Schlesien, von Dr. Th. Poleck, Professor an der Universität zu Breslau. Breslau,

Maruschke & Berendt, 1882.

3. "Die Kronenquelle zu Ober-Salzbrunn," von Dr. Laucher, k. Landgerichtsarzt in Straubing. Münchener ärztliches Intelligenzblatt

1882 No. 17.
4. "Die Kronenquelle zu Ober-Salzbrunn, in Schlesien, ihre Eigenschaften, ihre chemische Beschaffenheit und ihre therapeutische Wirkung, dann Vorschriften für den innerlichen Gebrauch der Quelle und das Verhalten der Patienten," von Dr. Karl Laucher, k. Med. Rath und Landgerichtsarzt, 1884.

5. "Die Kronenquelle zu Ober-Salzbrunn in Schlesien," von Dr. Karl Laucher, k. b. Med.-Rath und Landgerichtsarzt in Straubing, 1885.

6. "Gout in its Clinical Aspects," by J. Mortimer Granville, M.D., M.R.C.P. Loudon: J. & A. Churchill, 1885, S.S. 272 & 273.

7. "Die Wirkungen der Kronenquelle gegen die Gicht und arthritische Uebel," von Dr. Mayer, Inhaber des Kreuzes für bürgerliches Verdienst, inspizirender Arzt der städtischen Schulen zu Antwerpen, Honorararzt der Wohlthätigkeits Anstalt zu Antwerpen. Auszug aus "Les Annales de la Société de Médecine d'Anvers." (Februar-Hefte 1886.)

8. "Die Kronenquelle zu Ober-Salzbrunn in Schlesien," von Dr. Karl Laucher, k. b. Med.-Rath und Landgerichtsarzt in Straubing, 1887.

9. Die Rolle der Alkalien, speziell des Kalkes, in der anti-uratischen Behandlung, Von S. R. Dr. L. Fürst, Berlin; Sonderabdruck aus "Deut-sche Medizinal-Zeitung," 1897. No. 20, 21. 10. "L'acqua minerale della Corona (Kronenquelle) per il Cav. Dr.

Plinio Schivardi, Medico-Direttore della Stabilimento balneo-idroterapico

di Recoara, professore di Balneoterapia nell' Università di Pavia."

11. "Observations on the Efficacy of the Kronenquelle at Salzbrunn, in Silesia," from the Institute for l'harmacology and Physiological Chemistry at Rostock. Direktor, Professor Dr. Kobert. By Dr. P. Hoffmann, Assistant to the Institute, 1901. Breslau: Grass, Barth & Co.

Salzbrunn (Bad).-Germany, Silesia; 1,250 feet above the sea level; 2 hours by rail from Breslau, 8 from Berlin, 6 from Dresden, aud 7 from Prague.

Cold alkaline springs, of which the "Oberbrunnen" is the

best known.

The place is situated in a wide valley, protected against rough winds by the surrounding mountains, covered with forests, through which numerous walks are laid out.

The mild Alpine air is very strengthening, and these various advantages combined make Bad Salzbrunn one of the best

climatic resorts in Germany.

Milk and Whey Cure Establishment, in which the sterilised milk of cows, goats, sheep and donkeys can be procured, and also wheys of all kinds, specially prepared under the superintendence of the chemist in charge.

Bathing establishment for full and partial baths, medicated baths, shower baths of all sorts, hydropathic treatment, massage

and gymnastics under medical supervision.

Pneumatic inhalatorium (system Goebel-Ems), in which compressed air can be inhaled (which can be served in gaseous form, if required), and the breath exhaled into diluted air: this

treatment has produced some excellent results.

Special indications: In all kinds of catarrh of the respiratory organs, throat, air pipe, the bronchis, the lungs, emphysema, bronchial asthma, exudation and after inflammation of the chest. Also for catarrh of the stomach and diseases of the liver, and especially bilestones.

The good effect of the "Oberbrunnen" is well known in cases of nric-acid diathesis, gout, chronic disease of the reins,

obesity, and diabetes.

Doctors: Sanitätsrat Dr. Nitsche, Major-Surgeon Dr. Pohl, Dr. Determeyer, Dr. Montag, and Dr. Ritter.

Hotels: Kursaal, Kurhaus, &c.

Salzburg.—Austria-Hungary, near Hermannstadt, in Transylvania; altitude 1,600 feet.

Indurated brine baths.

Season: July to August.

The establishment is good, and affords comfortable accommodation.

The parks and gardens, owing to the saline nature of the soil, have been artificially made. Vegetation in the vicinity of the town is poor.

Doctor: Dr. Göttersdorfer.

Salzburg.—Austria, Salzkammergut, on the Salzach, 25,000 inhabitants; 1,340 feet above the sea level.

Climatic station in summer, and sometimes called the most prettily situated town in Europe.

English church.

Post and Telegraph Office.

Doctor: Dr. Sedlitzki.

Hotels: Europe, Nellböck.

Salzerbad.—Austria, near Hainfeld.

Saline springs, containing chloride and sulphate of sodium. The waters are used both for drinking and at the Bath Establishment.

Salzhausen.-Germany, Hessen Darmstadt; station, Nidda.

Cold saline waters, 11 grammes of mineral principles.

Special indications: Scrofula.

Doctor: Dr. Meinberg.

Salzschlirf (Bad.).—Germany, Hesse Nassau, near Fulda, 875 feet above sea level. From London rid Ostend, Cologne and Giessen in 23 hours.

Season, May to end of September.

Lithiated alkaline saline waters (St. Boniface spring), containing according to the *Lancet*, Jan. 4th, 1902, 1½ gr. of chloride of lithium to the pint. Also a ferruginous spring, the Tempelbrunnen, natural effervescent saline baths, mud baths, massage, medico-mechanical appliances.

Special indications: Gout, rheumatism, renal and biliary

calculus, &c.

Ingram & Royle, Ltd., 26, Upper Thames Street, E.C., and Liverpool and Bristol, are the sole agents in England for "Bonifacius" Water.

Picturesque, hilly situation, extensive forests, trout streams, large Kurgarden, tennis, cycling, concerts, theatricals.

Doctors: Gemmel, te Kamp, Philippi (English), Leibold, Lang, Beishiem.

Hotels: Kurhaus, Wüsthofen, Pension Rothstein,

Salzuffeln.-Germany, Lippe-Detmold, near Herford.

Brine baths.

The establishments are not of the best, and the accommodation is only moderate.

Doctors: Drs. Gottschalk and Meyer.

Salzungen.—Germany, Saxe-Meiningen, near Eisenach; 780 feet above sea level.

Cold saline springs, 30 grammes of mineral principles.

Well-appointed establishment, with good accommodation.

Season: May to 30th September.

Special indications: Scrofula.

Very picturesque site. Vegetation luxurious. Parks and gardens are well kept.

Doctors: Drs. Ley and Wagner.

Hotels: Kurhaus, Crown, and Starke.

Samaden.—Switzerland, Upper Engadine, and the capital of the district; 1,000 inhabitants; 5,634 feet above the level of the sea; close to the Albule Pass, 3 miles from Pontresina and 4 miles from St. Moritz. See map at end.

Climatic mountain air and winter station, facing south;

population 1,000.

Special indications: Nervous debility and failing nutrition, anæmia and chlorosis, rachitis, incipient phthisis, scrofula,

and similar affections following on malaria, typhus, &c.

Samaden forms the head of the Upper Engadine, and is exactly in the centre of it, and is situated at the foot of the Piz-Padella, at the junction of the St. Moritz and Pontresina Valleys. It is a very lively place during summer. In winter the calmness of the atmosphere is noteworthy.

Living is cheaper here than at many Swiss health resorts. Among the amnsements to be had may be mentioned golf,

as there are good links.

English Church: Near the Post Square.

Post and Telegraph Office: On the Square.

Chemist: C. Golay.

Bank and Exchange Office: J. Töndury, Engadiner Bank.

Booksellers: S. Tanner, P. Casparis.

Doctors: Drs. Lendi, Bernhardt and Miss Lendi.

Hotel: The Bernina Hôtel.

San Bernhardino.—Switzerland, Canton of Grisons; station, Chur; 5,200 feet above sea level.

Ferruginous waters.

Special indications: Dyspepsia, lymphatism and catarrhal affections.

Largely-frequented establishment, which is well fitted up.

The situation is one of the most picturesque in Switzerland.

San Casciano.-Italy, province of Siena, valley of the Paglia.

Ferruginous waters, 110° F., and sulphurous waters, 100° to 120° F.

These waters were much used in antiquity, as the ruins in the neighbourhood prove. The new establishments are very complete, and afford abundant and comfortable accommodation. Great efforts are being made to resuscitate the place once more. The scenery is picturesque.

Sandefjord.—Norway, near the town of Sandefjord; 4 hours by rail from Christiania.

Sulphurous and ferruginous water.

Sandefjord is the oldest health resort of Norway, and much frequented.

It possesses a ferruginous saline sulphurous spring—a saline spring and a ferruginous spring of the same character as that of Ronneby (sulphate of iron and alum).

The establishment is most carefully superintended.

Doctors: Drs. Paulsson, Lund and Holmsen.

Sandgate.—England, Kent, between Folkestone and Hythe. Sea baths; shingly beach. Climate mild. Season: June to September.

Sandown.-England, Isle of Wight.

Sea baths, fine sandy beach; climate very mild. Bathing arrangements are very good.

Hotels: Sandown and Pier.

Sandrocks.—England, Isle of Wight, near Chale and Blackgang Chine. Alkali saline waters, 40° F.

Special indications: Intermittent fevers, chronic dysentery, rhenmatism, intestinal affections.

Hotels: Sandrock and Dobbetts.

San Fedele.—Italy, Tuscany, valley of the Cecina, near Volterra.
Saline waters. Exported.
The establishment is good.

San Filippo.—Italy, Tuscany, valley of the Orcia, near Radicofani.

Bicarbonate of iron and sulphate of lime waters; five springs, ranging from 45° to 120° F.

The establishments might be improved.

San Genesio.—Italy, Piedmont on the Po; 1,650 feet above sea level. Sulphurous iodurated waters; used only for drinking. No establishment of any note.

Doctor: C. Tonelli.

Hotel: S. Genesio.

San Georgen.—Austria-Hungary, uear Pressburg.

Earthy alkaline sulphurous waters.

Special indications: Disorders of liver and spleen, chronic skin diseases, lymphatism.

The establishment is situated in an extensive garden, and is elegant and comfortable.

Society at San Georgen is very select.

Sangerberg.-Austria, Bohemia, near Marienbad.

Alkali-saline ferruginous waters.

The establishment is excellent; accommodation first-class and moderate in price. Park and gardens are well kept. The surrounding country affords very interesting excursions.

Doctor: Dr. H. Penn.

San Germano.-Italy, province of Naples, near the lake of Agnano.

Steam baths, 90° to 150° F. The waters from which the steam is given off contain sulphides of calcium and iron.

Special indications: Rheumatic pains, joint affections, catairhs, neuralgias, paralysis.

The baths are not prolonged beyond a quarter of an hour.

San Giuliano.-Italy, Tuscany, near Pisa.

Sulphate of lime waters, 80° F.

Special indications: Nervous affections.

The establishments are good.

San-Lorenzo.—Austria, Istria, 11 hour from Trieste, 40 minutes from Pirano.

Sea baths; very fine sandy beach; whey and grape cure; mud baths; a climatic station in summer.

The climate is equable, and the air pure.

San Juan de Campos.—Spain, Balearic Islands, island of Mallorca. Thermal saline and silicated waters, 115° F.; 0.78 of silicate.

Winter station.

Special indications: Rheumatism, skin diseases.

The waters are good, and would warrant greater use being made of them; at present the establishment, as well as the accommodation, is neglected.

Doctor: Dr. Sanchez Jabra.

San Martino.—Italy, Valtelino, near Bormio; 4,950 feet above sea level. Mixed sulphurous waters, 100° F.

Season: June to August.

Two well-arranged establishments, and good accommodation.

San-Marziale.—Italy, Tuscany, district of Siena, Val d'Elsa.

Earthy waters, 80° F.

Though well known and much visited in antiquity, the baths are now neglected. In spite of considerable efforts to resuscitate them, they are not much frequented.

San-Michele delle Formiche.—Italy, Tuscany, on the Monte Sestolo. Sulphurous waters, 120° F.

Special indications: Inveterate gout, skin diseases, nervous affections, rheumatism.

The establishment consists of a small building, with two cisterns and several distinct baths.

San Remo.—Italy, on the Riviera di Ponente, 10 miles from the French frontier; 19,277 inhabitants. From London, vid Boulogne or Calais, to Paris and P.L.M. to San Remo.

Winter station of first importances; sea baths.

Season: For winter, November to May. Sea bathing, September to November.

Visitors in 1897-98 over 19,000; in 1898-99 over 21,000; 6,000 of these English-speaking, 4,000 German; the rest of every nationality in Europe.

Special indications: Latent scrofula, chronic bronchial, stomachic and intestinal catarrhs, emphysema, pharyngitis, laryngitis, pleuritic exudations, incipient phthisis, rheu-

matism, Bright's disease, diabetes and general debility.

The mean winter temperature, according to the late Dr. Hassall's statistics, is 52° F; the mean barometric pressure, 761.5 mm.; relative humidity of the air, 66.4 per cent.; deathrate, 24 per 1,000; rainy days during six season months, 35. Days of sunshine, 164. There is no fog. Snow quite exceptional, in some winters not more than once or twice, and in most winters none at all.

San Remo proper is an old town, with the characteristics and peculiarities of the Middle Ages more marked than in any other town along the coast. It is well sheltered, as the mean temperature shews, and is situated in the centre of a beautiful bay, well guarded by two bold headlands, and is protected on the north and sides by lofty mountains. Both its older and newer portions are higher than any town on the Riviera. The old town is built on a hill, but the newer portion slopes down to the sea-shore. Three ranges of mountains form an efficient natural sheltering barrier; the first consists of seven olive-clad hills, separated from each other by picturesque valleys, in which the lemon tree is successfully and profitably cultivated; the next barrier is Monte Bignone, with an altitude of 4,270 feet, which is pineclad and forms an unbroken chain, precluding the entrance of the north wind. Behind this second range are the Alpes-Maritimes, with an elevation of from 7,000 to 8,000 feet. Remo is thus open only to south-east, south and south-west

There is good bathing in summer; a commodious bathing establishment, with large ball room, &c., offers every convenience.

Facilities for the study of languages and music; excellent

English and native teachers.

Great improvements in San Remo have recently been made, and several new roads have been constructed. There is an abundant supply of excellent water, and the sanitary condition of the town may be favourably compared with that of

any other town in the Western Riviera. This is shown by the mortality, 24 per 1,000, which is very little for a town in which the majority are Italians. The occurrence of even a single case of typhoid fever among the visitors is nnknown.

Publications: "L'Indicateur de San Remo" contains much useful information and list of visitors; "Liste des Etrangers."

"Il Pensiero," weekly Italian newspaper.

In early spring the country round the bay resembles a vast garden. As regards vegetation, San Remo is perhaps the most favoured of any health resort on the Riviera. As early as the month of February wild flowers come into bloom, a fact which sufficiently attests the mildness of its climate. The air is bracing and healthy to a degree which attracts the attention of visitors staying for any length of time. The climate may be described as moderately warn, dry, very sunny, and, in comparison with other towns on the coast, only slightly stimulating.

There is an opera house, theatre and clubs. An excellent band plays in the Public Garden Tuesday, Thursday, and Sunday, 2.30 to 4 p.m. Golf Links situated at Arma de Juggia, a lovely spot about half an hour's drive from San Remo, have recently been opened, and will be a great attraction to many visitors. All information with respect to the Links will be given on application to "The Bank," San Remo.

English Churches: St. John the Baptist, All Saints, and a

Presbyterian Church.

Post and Telegraph Office: Via Roma. British Vice-Consul: M. Turton, Esq.

U.S. Consular Agent: Chev. Ameglio, Villa Bracco.

Dentists: F. Whiting, D.D.S., C. Jenkins, D.D.S.

English Nurses' Institute: Casa Roggeroni, Via Roma.

Chemists: Squire, Calvi and others.

Bankers and Exchange Office: Asquasciati Bros., Rubino, and others.

Bookseller and Circulating Library: Gandolfo, Via Vittorio Emmanuele, English Book Club, Via Umberto.

House and Estate Agency: Congrève, Benecke and Heywood (Cook's Office), Via Vittorio Emmanuele.

Doctors: Drs. M. G. Foster, A. J. Freeman, Harry Grey,

P. B. Smith, Hunt, Lillie, Miller (all English).

Hotels: Bellevue, des Anglais, Royal, West End, Savoy, and twenty others; also many good Pensions, and great choice of villas and flats.

San Sebastian.—Spain, on the Bay of Biscay, 12 miles from Irun. Population 29,000.

Sea baths.

A fashionable Spanish watering-place, with fine beach and lovely scenery. There is a Casino.

British Vice-Consul: Major J. A. Nutt.

Doctor: Dr. Smith.

Hotels: Londres, Continental, Inglis, and Martin.

Santa Agueda.—Spain, province of Guipuzcoa, near Villareal, near the river Aramayouna and Mount Murugain; 800 feet above sea level.

Cold hydrosulphuric waters, also a ferruginous spring, 57° F.

Season: June to September.

Special indications: Skin diseases, and especially female complaints.

A clean, well-conducted and well-frequented bathing establishment. The accommodation is very good, and prices are moderate. The baths are chiefly frequented by natives.

The environs are picturesque, and residence pleasant.

Doctor: Dr. Lucientes y Pueyo.

Santa Barbara.—North America, California. Thermal sulphurous waters, 90° F.

Santa-Catalina.—Spain, province of Capary Islands, on the island of Grand Capary.

Saline waters, 55° F.

There is no establishment, and they are very little used, though their efficacy should make them much frequented.

Santa Cesarea (Acqua di)—Italy, province of Lecce, district of Galipoli, near Ortelle, on the line from Brindisi to Otranto; stop at Maglie, thence by omnibus (1½ fcs.), or carriage (5 frs. to 10 fcs.).

Earthy ferruginous sulphurous water, 65° F. Healthy and

mild climate.

Season: May to October.

Frequented by more than 4,000 patients during the season.

Special indications: Rheumatism, skin diseases, chronic affections of the intestines.

The establishment is good. Close to the spring, accommodation can be had at from 4 fcs. to 8 fcs. a day. Post and Telegraph at Poggiardo, 1 hour distant.

Santa Filomena de Gomillaz.—Spain, province of Aláva, near Vitoria.

Sulphurous earthy waters, also a ferruginous spring.

Special indications: Skin diseases, more especially those of syphilitic origin. Affections of the digestive and urinary

organs, leucorrhœa, amenorrhœa and dysmenorrhœa.

The site is very picturesque. The establishment is modern and elegant. Large galleries connect it with the hotel. The whole is surrounded by lovely gardens, and a park with extensive and well-sheltered walks. Especially suitable for patients going south for the winter, who may here pass a short time during the early autumn. The accommodation is in keeping with the establishment. Residence is pleasant. Prices are moderate. Much visited.

Santa Gonda.—Italy, Tuscany, between Pisa and Florence, on the left bank of the Evola,

Earthy saline waters, 55° F. Mud baths.

Special indications: Skin diseases, chronic gout and rheumatism.

Santa Margherita.—Italy, on the Riviera di Levante, 1½ hours from Genoa.

Winter station.

This little town, at the head of the bay of Rapallo, is charmingly situated in a sheltered position. It has a promising future before it.

Santander.—Spain, capital of province of same name. 40,000 inhabitants. Sea baths, with very fine sandy beaches at San Martin, inside the harbour, with gentle surf, and at Sardinero and Magdalena outside, with strong surf.

Santander offers a great variety of attractions and amusements during the season.

British Vice-Consul: W. Single, Esq.

Doctor: R. R. B. Taylor (English).

Santa Restituta.—Italy, island of Ischia, near Lacco.; Saline waters, 115° F.; sand baths.

The establishment is good.

Santorin.-Greece, an island in the Grecian Archipelago.

Chalybeate waters.

The finest island in the Grecian Archipelago, renowned in ancient times for its luxuriant vegetation.

The establishment is small and incomplete. Some accommodation can be obtained.

San Vigone.—Italy, Tuscany, valley of Orcia, on the road from Siena to Rome.

Sulphate and carbonate of lime waters, 105° F. Special indications: Rheumatism, skin diseases.

Saratoga.—North America, State of New York, near Albany.

Saline waters, 20° to 30° F., and cold bicarbonate of iron waters.

Special indications: Dyspepsia, calculus affections, scrofula.

A very fashionable and much-frequented station. Season,

August and September.

Hotels: Great Union, Washington, pension £1 a day.

Sarcey.—France, Department of Rhône, near Lyons.
Cold ferrnginous bicarbonate waters.

Sardara.—Sardinia.

Sulphurous waters, 145° F.

Only frequented by inhabitants of the island.

Special indications: Rheumatism.

Sardinero (El).—Spain, province of Santander, and three miles from the capital.

Sea baths, very fine sandy and extensive beach, good surf.

The establishments are first-class.

Sojourn here is very agreeable, there being a Casino. The concours is very large and accommodation abundant; eight large hotels exist, each admitting above 100 persons. Prices are rather high for Spain, as it would be difficult to find pension below 10 fcs. per day.

The surroundings are beautiful, and offer many excursions.

Frequented by more than 5,000 visitors in the season.

Sarepta.-Russia, Government of Saratow, district of Zarizyn.

Saline bitter waters. Exported.

There are some establishments and the accommodation on the whole is comfortable.

Sark.-England, Channel Islands.

A holiday resort only, as there are no baths, nor is the air particularly healthy. The place is interesting for its scenery.

Declars: Drs. Pickthall and Robinson.

Sarö.—Sweden, near Gothenburg, province of Halland. Sea baths.

One of the most picturesque places on the West Coast, and a much-frequented pleasure resort. Holiday resort, Beautiful and stately parks. Mild and refreshing climate.

Sassnitz-Krampas.—Germany, Pomerania, on the island of Rügen. Sea bathing, sandy beach, with heavy surf.

The situation is fine, and owing to its quiet the place is

visited chiefly by real invalids. Accommodation very good.

Doctor : Dr. Fiekel.

Sasso di Maremma.—Italy, Tuscany, on the Ombrone, near Grosseto. Ferruginous bitter waters. Exported.

The establishments are inferior, and accommodation inadequate.

Satra.—Sweden, in the Government district of Westeras, 8 miles from Sala.

Mild ferruginous water, and hydropathic establishment.

Satra is one of the older health resorts of the country, charmingly situated, and frequented chiefly by residents of the neighbouring districts.

Good special treatment for diseases of the nervous system. Doctor: Dr. Henschen.

Saundersfoot.—Wales, Pembrokeshire, on Carmarthen Bay, near Tenby.

Sea baths and chalybeate waters, sandy beach. Climate fine and bracing.

Season: June to September.

Saute-Vaux .- France, Department of Cantal.

Bicarbonate of soda waters.

 $Special \ indications:$ Liver complaints, anæmia, feeble digestion.

Saxe (La).—France, near Courmayeur in Savoy; 3,750 feet above sea level.

Season: 15th May to 31st October.

Sulphate of lime waters, 70° F.

The establishment is good, and affords comfortable accommodation.

Saxon,-Switzerland, Canton Valais; altitude 1,700 feet.

Bromo-iodurated saline waters, 60° F. Climate mild and healthy.

Special indications: Syphilis, scrofula, and gout.

The environs are very picturesque, and numerous excursions may be made.

This health resort is held in great esteem by the Swiss.

Doctor : Dr. Deneriaz.

Scarborough.—England, Yorkshire coast. Pop. 34,000. By G. N., Midland, and L & N. W. Rlys.

Sea bathing; good sandy beach.

Season: June to October.

Climate: Bracing. Mean temp. 47:50; rainfall 22:49 in.;

176 wet days.

Scarborough is the most fashionable bathing-place in the north of England. It is situated in a picturesque bay, which is broken and partially divided by a projecting hill, upon which stand the ruins of an old castle. There is an excellent harbour; also two stone piers, where the fishermen carry on a brisk business, and the sale of fish in the early morning, when the boats come in, is always a centre of inte-The coast for five or six miles southward forms a series of little bays encircled by high cliffs. Scarborough has now become a very favourite residential town, and has very good shops and public buildings. Sanitation and water supply are good. A new sea wall and pier have been built on the north shore, and a drive made round the castle hill, thus con-The country inland is necting the north and south shores. delightful for riding, driving and cycling.

Amusements: Good and numerons. The best operatic and theatrical companies are here during the season. In Angust there are cricket and tennis "weeks," also a "race week," which attract many visitors. Coaches run to places of interest

in the neighbourhood.

Hotels: Grand, Prince of Wales, Crown, &c.

Scey.—France, Department of Haute Saône, near Vesoul.

Cold mixed bicarbonate waters.

Schaffhausen.-Switzerland, capital of Canton of same name.

Climatic health resort.

Near here are the health resorts of Neuhausen, Bains de Osterfingen, Unterhallan, Merishausen, Hohenklingen.

Schandau.-Germany, Saxony, railway from Dresden to Prague.

Cold ferruginous bicarbonate waters.

A climatic station. Tonic action.

Hydropathic establishment upon Kneepp's system.

Doctors: Drs. Muller and Oertel.

Hotels: Bath, Sendig.

Schauenborg.—Switzerland, Canton Bâle, station Liestal.

Saline baths and general hydropathy.

Doctors: Drs. Schneider and Peter.

Schelesna-Wodsk.—Russia, Caucasus, near Pjätigorsk; 1,800 feet above sea-level.

Alkaline ferruginous waters, 65° to 110° F.

Koumiss cure.

Special indications: Intestinal catarrhs, hypochondriasis,

catarrh of the urinary organs, rheumatism.

The climate is very healthy, the place being surrounded by pine and other woods. The establishment is elegant, but the accommodation not quite up to the level of western requirements. A much-frequented station.

Scheveningen.—Holland, near the Hague, on the North Sea. Route from London viå Harwich and Hook of Holland to the Hague; also viå Flushing. Steam tram (3 miles) from the Hague to Scheveningen.

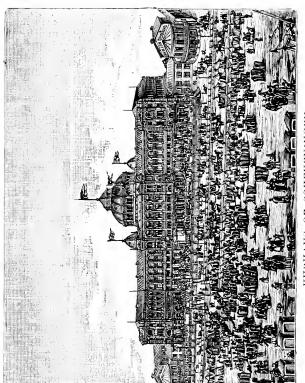
A very well-frequented (30,000 persons from all parts of Europe) sea-bathing station of first importance. Season from June 1st to October. Very fine sands. The surf is strong, Scheveningen is surrounded by large woods of pine and oak. Temperature of the water 65° F. Bracing climate. Imposing

Sea Boulerard.

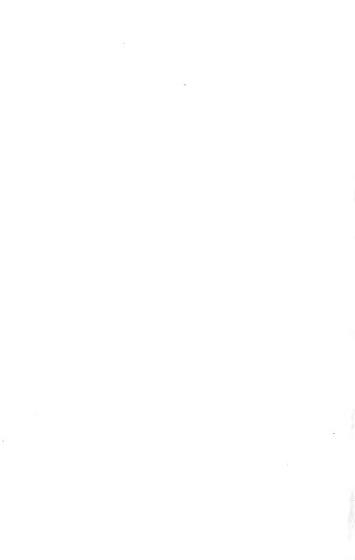
The bathing arrangements are excellent, and include ladies', gentlemen's, and mixed baths. The hydropathic establishment, owned by the Kurhaus Direction, is exceedingly well arranged. Scheveningen possesses a splendid Kursaal, with terrace facing the sea, where every-day concerts by the Philharmonic Orchestra, from Berlin, are held. There are excellent lawn tennis courts near the Kurhaus, also a golf club, and the Cercle d'été. Unsurpassed roads for carriages and cycles.

English Divine Service in the Chapel opposite the Kurhaus.

The Hotel Kurhaus, charmingly situated facing the sea, is especially recommended. First-class Hotel, 200 Inxuriously-furnished Rooms and Salons. Charges for apartments are quoted, including light and attendance, no extras. Splendid Dining and Refreshment Rooms. Splendid new restaurant,



KURHAUS OF SCHEVENINGEN.



moderne à la Carlton. Excellent cooking and wines. Electric light. Stigler's lift. Sea baths in the honse. Medical attendance and Massage for Ladies and Gentlemen. Post and Telegraph Offices. Typewriting office. Storehouse for cycles. Information and railway ticket office in the Hotel. Tariff and Plans of the Rooms, together with the Season's Programme, sent on application. All further particulars supplied on request by the Managing Director, English-American Bar. Wiener Café. Original Hungarian Band. New pier, 1,300 feet in length, with a splendid Pavilion to seat 1,200 people, New Establishments: Restaurant de la Plage, Boulevard Canting, Boulevard Café and Tea Room, all on the Marine Promenade, and in connection with the Kurhaus and Hôtel (See advt. at end.)

Doctor : Dr. Francken, Kurhaus.

Hotels: Hotel Kurhaus, Hôtel d'Orange, Hôtel des Galeries, Hôtel Garni, &c., and a large number of Villas.

Schieder.-Germany, Principality of Waldeck, near Meinberg.

Saline waters and brine baths.

Primitive arrangements.

Schimberg.-Switzerland, Canton Lucerne, near Ebenstetten; 5,000 feet above sea level.

Alkaline sulphurous and ferruginous waters. Mountain air

A much-frequented establishment.

Doctor : Dr. Houlman.

Schinznach - les - Bains.—Switzerland. From London rid Ostend or Calais, Basle and Brugg. Fares, 1st class, about £5; 2nd, about £4; return, 45 days, about £8 and £6. 1,100 feet above sea level.

Sulphurous waters, well known by the medical profession; the very richest in sulphuretted hydrogen and carbonic acid, 95° F. The springs yield about 220 gallons a minute, i.e., over 300,000 gallo, s a day.

Season: 15th May to 15th September.

The sulphur water of Schinznach has excellent results in cases of gout and gouty diseases (acne, eczema, psoriasis, urticaria, furunculosis, &c.), catarrhal diseases of the throat, larynx and bronchial tubes, asthma and rheumatic diseases (muscular, sciatica, lumbago).

Baths, inhalations, douches and mud baths.

The arrangements for spraying the strong sulphur water are among the very best in Europe, and are, besides the inhaling purpose, celebrated for having a most beneficial effect in improving and perfecting the complexion.

The mean temperature in summer is 67° F.; the mean barometric pressure 0.728. Atmospheric disturbances are

exceedingly rare, and the changes never very rapid.

Schinznach is most picturesquely situated on the rapid and beautiful river Aar, at the foot of the Wülpelsberg. This hill, crowned with the old and far-famed ruins of the castle of the Habsburgs, slopes down into a fertile and well-wooded valley with a southern aspect.

The establishment stands in its own grounds, which are of large extent, mostly laid out in park, with numerous shady walks, protected from dust and noise. An excellent farm supplies visitors with its produce. Schinznach appears to have been especially intended as a paradise for children.

In this park are six dwelling-houses or pavilions (capable of admitting 350 persons), communicating with each other and with the bathhouse by long covered verandahs and galleries. Cleanliness in every detail and a faultless table are the principal features of these houses.

Any further information, together with an illustrated English prospectus, will be sent on application to the manager. Post and telegraph office in the establishment: eight departures and distributions daily.

Protestant and Catholic churches.

Concerts, balls, and all other amnsements and distractions; walks and excursions of great variety and beauty.

Cabs and carriages, horses.

The physician, Dr. G. Amsler, who speaks English, superintends the medical department, and is assisted by a second physician, who is in attendance at the hotel day and night.

The internal use of the iodine waters of Wildegg (3 miles from Schinznach) is very efficacions in connection with the baths of Schinznach.

Patients with skin diseases, especially eczema, are advised to continue the waters at home, after having left Schinznach. The water bears travelling well.

Schlackenbad.-Prussia, Saxony, near Hettstadt.

Artificial inert thermal baths.

The establishment is good, and contains ball, concert, assembly and billiard rooms. The situation is romantic.

Schlangenbad.—Germany, Prussian province of Hesse-Nassau, near Wiesbaden; 950 feet above sea level.

· Indifferent waters, 85° to 92° F. Nine springs.

Season: 1st May to 1st October.

Special indications: Menstrual difficulties, female diseases, chronic inflammation of the pelvic organs, neuralgias, gout, rheumatism, skin diseases, and bad complexions.

The establishment is well arranged, and Schwalbach waters (half hour's distance) are often successfully combined with milk, whey, and aromatic herb essences. The waters are pre-

scribed as baths for Schwalbach patients whose skins are made rough by using the water. They have a marvellous effect in restoring the softness of the skin thus roughened and hardened.

The village (60 houses with 500 inhabitants) is situated in a valley of the Taunus, with three entrances towards the south and the Rhine. The valley is surrounded by hills, clothed with forests, and rising to a height of 1,900 feet. The atmosphere is very pure and fresh, and saturated with ozone. The environs are charming and idvllic, with many well-shaded and beautiful promenades and drives.

Concerts, balls, reading-rooms, and various other amusements. Tax for

one person 10 marks, children under 12 years of age free. The Curhaus, Casino, upper, middle, and lower Curhaus, Hotel de Berlin, and Swiss House are all under the management of the Government. The baths are in three separate establishments.

Dr. Baumann has written an excellent treatise on the

Schlangenbad waters.

Post and telegraph in the Kurhaus. In ordering rooms in the Royal or Government Curhauses, the Royal Bath administration should be written to. English Divine service.

Doctors: Drs. Baumann and Hannappel.

Royal Buildings, Nassauer Hof (with Restaurant), Casino. Upper, Middle and Lower Kurhaus, Hôtel de Berlin and Swiss House.

Schlegwegbad.-Switzerland, Emmenthal district.

Bicarbonate of lime, soda and ferruginous waters of a superior class, and containing much carbonic acid gas.

Doctor: Dr. Lanz.

Near here are the health resorts of Ronachbad, Langnau, Le Napf and Rulschachen.

Schleusingen.-Germany, Thuringia, 13 hours from Hildburghausen; 1,240 feet above the sea level.

A climatic air station.

The establishment and accommodation are very good.

Doctors: Drs. Werthen and Claussen.

Schliersee.—Germany, Bavaria, near Miesbach; 2,400 feet above the sea level.

Climatic air station.

Doctor : Dr. Brodführer.

Schmalkalden.-Germany, Hesse-Nassau, on the Werra Railway line : 1,000 feet above sea level.

Iodo-bromurated saline waters, 45° F. Brine baths.

Special indications: Scrofula.

The establishment is good and the site picturesque.

Doctors: Drs. Fuckel and Knatz.

Hotels: Crown, Eagle.

Schmecksz, or Tatra-Füred.-Hungary, comitat Zips, rail to Poprád; 3.100 feet above sea level.

Pure alkaline bicarbonate waters. For table use only.

Climatic station.

Special indications: Debility, disorders of the digestive organs, catarrh of the intestines, derangements of liver and spleen, rachitis, anæmia and scrofnla, phthisis, emphysema, bronchial, laryngeal, and pharyngeal catarrhs.

Bookseller: A. Mayer.

Doctor: Dr. L. Jormay.

Hotel: The Establishment.

Schmeckwitz.—Germany, Saxony, near Dresden.

Earthy saline sulphurous waters, 55° F.

The establishments are good, but the accommodation is not of the best.

Schmerikon.-Switzerland, Canton St. Gallen, near Uznach.

Cold ferruginous bicarbonate waters.

Climatic station.

The establishment is well arranged and beautifully situated, with a view over the lake of Zürich.

Doctors: Drs. Keller and Muller.

Schmiedeberg.-Germany, Silesia, near Hirschberg.

Climatic air station.

Doctors: Drs. Rohde and Schnkeldt.

Schnittweierbad.-Switzerland.

Climatic health resort.

Doctor: Dr. Lenz.

Schönau.—Austria, Bohemia, near Teplitz.—See Teplitz-Schonau.

Thermal indifferent waters.

Special indications: Gout and nervous affections. There are extensive military hospitals here.

Schönbruan.—Switzerland, near Zug; 2,270 feet above sea-level.

Hydropathic establishments, climatic and whey cure station.

Turkish baths.

The site is very fine. Climate mild and bracing. establishment is excellent, and the accommodation equal to that in the best Swiss hotels.

Schöneck.-Switzerland, Canton Unterwalden, above Beggenried, Lake of Lucerne.

A summer station, with hydropathic establishment, compressed air baths.

Doctor: Dr. Von Corval.

Schonegg.-Switzerland, near Spiez.

Climatic air station.

Schöngau.—Switzerland, Canton of Lucerne. Cold bicarbonate of lime waters.

Schooley Mountains.—United States of North America, State of New Jersey.

Ferruginous and magnesian waters.

A much-frequented station.

Schreiberhau.-Germany, Upper Silesia, near Warmbrunn.

Climatic air station, and great centre for excursions.

The surrounding country is very mountainous. The accommodation fair and cheap.

Doctors: Drs. Assmann and Möcke.

Schûls, also Tarasp-Schuls.—Switzerland, Canton of Grisons. Cold bicarbonate of soda and iron waters.

Schum.-Austria, Tyrol, district of Botzen.

Alkaline ferruginous and sulphurous waters.

Special indications: Anæmia, rheumatism and general debility, skin diseases and chronic sores.

Schüols.—Switzerland, Engadine: 10 hours from St. Moritz; 3,730 feet above the sea level.

Effervescent ferruginous waters. There are some 30 springs, of which only a few are used.

Schupfheim,-Switzerland, Lucerne.

Ferruginous and carbonate of lime waters, with crenic acid and carbonic acid gas.

Doctor: Dr. Enzmann.

Near here are Heiligkreutz and Entlebuck, both health resorts.

Schwalbach. - See LANGENSCHWALBACH.

Schwalheim.—Germany, Hesse Nassau, near Frankfort-on-Maine. Mixed cold bicarbonate waters. For table use only.

Schwallungen.-Germany, Saxe-Meiningen.

Ferruginous waters.

The establishment is indifferent.

Schwarzbach.—Germany, Upper Silesia, near Greiffenberg; 1,600 feet above the sea level.

Climatic air station, and slightly chalybeate waters.

Pure mountain and pine forest air is the characteristic and therapeutical agent of the place.

There are also some very slight chalybeate springs.

Doctor: Dr. Kirsch.

 ${\bf Schwarzenberg.} - {\bf Switzerland,\ near\ Aarau}\ ;\ railway\ station\ at\ Malters;} \\ {\bf 2.180\ feet\ above\ sea\ level.}$

Alkali-saline waters.

The establishments are good and the place much frequented. Doctor: Dr. Schnyder, from Malters.

Schwarzenberg.—Austria-Hungary, comitat Zips, near Igló. Hydropathic establishment, with all modern requirements.

Schwarzseebad.—Switzerland, six hours from Fribourg; 3,269 feet above the sea level.

Sulphurous waters; climate severe, but healthy.

The establishments are good.

Schwefelbad.-Austria-Hungary, comitat of Zips, near Leibnitz.

Cold sulphurous waters.

Special indications: Rheumatism, gout, chronic skin diseases, and old sores.

The site is beautiful and the establishment good.

Schweizerhalle.—Switzerland, Canton Bâle, near railway station of Pratteln.

Chloride of soda waters.

Doctor: Dr. Martin.

Schweizermühle.—Germany, Saxony, near Königstein; 1,200 feet above sea level.

Hydropathic establishments and climatic station.

Special indications: Affections of the lungs and respiratory organs.

The establishment is elegant, and contains comfortable assembly rooms. The accommodation is good and moderate in price.

Doctor : Dr. Kraner.

Schwendikaltbad.-Switzerland, in the Lucerne district.

Bicarbonate of lime and ferruginous springs with free carbonic acid.

Goats' milk cure.

Doctors: Drs. Ming and Surbeck.

Schwyz.—Switzerland, 11 hours from Lucerne.

Climatic health resort.

Doctor: Dr. Fassbind.

Hotel: Rössli.

Sciacca.—Italy, Sicily, on the south-west coast.

Three springs, one sulphurous and ferruginous, and one magnesian, the latter slightly purgative; also natural steam baths.

The establishments are good, and the place is much frequented. The accommodation is scarcely in accordance with English requirements.

Sclafani.-Italy, Sicily, province of Palermo.

Sulphate of lime waters, 145° F., containing alum.

Season: May to July.

Bathing establishment is old-fashioned, but the accommodation is fair. Seaford.—England, Sussex, near Eastbourne and 581 miles from London Sea baths, shingly beach. Climate fine and bracing.

Seascale.—England, Cumberland.

Sea baths, sandy flat beach; bracing climate.

Season: June to September.

Seaton.-England, Devonshire, near Sidmouth.

Sea baths, heavy surf; climate mild and bracing.

Hotel: Royal Clarence.

Seaton-Carew.—England, Durham, on Hartlepool Bay. Sea baths, firm sandy beach; climate bracing.

Sea-View.-England, Isle of Wight.

Sea baths, extensive and sandy beach; climate dry and bracing.

Hotel: The Crown.

Sebastianweiler.—Germany, Württemberg, near Tübingen.

Sulphate of sodium waters, 40° F.; laxative and diuretic action.

Well-appointed establishment. The sojourn is quiet, and offers but few amusements.

Sedlitz.-Anstria, Bohemia.

Sulphate of sodium and magnesia waters. Purgative action.

Seebruch.—Germany, Westphalia, district of Herford, near Vlotho.

Cold sulphurous waters.

Not much used, and the arrangements are primitive, though the waters are said to be very efficacious.

Seelisberg.—Switzerland, Canton of Uri, Lake of Lucerne; 2,210 feet above sea level. Route to Lucerne, thence by rail to Fluelen and boat to Treib, or from Lucerne by boat to Treib; thence by carriage, 30 minutes.

Climatic station in summer, with whey cure and baths in the lake of Seeli. Air very mild and pure; very sheltered.

Baths in the hotel.

Season: May 15th to October.

The Canton of Uri is celebrated for the legend of William Tell and the Oaths of Alliance. It is the cradle of the Swiss Confederacy. In 1852 the present excellent hotels, three in number, were built. They form the chief attraction of Seelisberg, both as a quiet and comfortable place of call and as a centre for numerons excursions. Owing to its altitude of 2,500 feet, this establishment enjoys the same climatic conditions as the other stations in Switzerland. A moist atmosphere, with an equable and comparatively low temperature, is the characteristic of Seelisberg from a hygienic point of view. Vegetation is luxurious, and forests, consisting chiefly of pine and fir, begin at the very

door of the establishment. The terrace in front of the hotel is 650 feet long, and 1,200 feet above sea level. It is shaded by trees, and is an excellent place to enjoy the beautiful scenery from, or for walking exercise. There is a "Trinkhalle," where most European mineral waters are supplied. Baths of every description; English church in the hotel; Post and Telegraph Office. During the season, concerts, balls, &c.

Doctor: Dr. Heusser.

Hotel: Hôtel Sonnenberg.

Seeon.—Germany, Upper Bavaria, near Endorf; 1,725 feet above sea level.

Earthy waters; whey cure and brine baths.

The establishment is good and the situation very picturesque.

Seewen.—Switzerland, half-hour from Schwyz; 1,410 feet above sea level.

Ferruginous waters, highly effervescent.

The establishments are very good and the accommodation comfortable and abundant.

Doctor from Schwyz.

Near Seewen are Stoos, Immensee, Bains de Nuolen, Bains de Wooggithal and Floeschenloch.

Seewis.—Switzerland, Grisons, near Landquart; 2,800 feet above sea level. Climatic air station; whey and milk cure.

Doctor: Dr. Bauchly.

Segura de Aragon.—Spain, province of Teruel, near Montalvan; 2,200 feet above sea level.

Alkaline and saline waters, 55° F., also a ferruginous spring. Special indications: Rheumatism, nervous affections, hysteria, chorea, female complaints, leucorrhœa, eye affections, scrofula.

The establishment is antiquated, but accommodation is good and moderate in price.

Seltz or Selters, (Ober.)—Germany, Nassau, Circuit of Wiesbaden on the Ems; 800 feet above sea level.

Alkaline highly effervescing waters. Used only for exportation. Can be obtained of Messrs. Ingram and Royle, Ltd., 26, Upper Thames Street, London, and at Liverpool and Bristol.

Doctor: Dr. Baldus.

Sepey.—Switzerland, Canton Vaud, 7½ miles from Aigle by carriage; 3,500 feet above the sea level.

A mountain air station.

Excursions in the charming valleys of Ormonts and the Mosses; place of call for Chateau d'Oex and Diablerets. Very pure air. Post, telegraph, carriage and relays of horses, with guides.

The Hôtel and Pension des Alpes.

Serneus.-Switzerland.

Climatic health resort.

Doctor: Dr. Zweifel.

Seville.—Spain, capital of the province of same name, from Paris, við Bordeaux, Irun and Madrid.

Winter station.

As the town is said to have been founded by the Phœnicians, its great antiquity must be admitted. It is one of the most interesting towns in Spain, and is situated in a plain on the right bank of the Guadalquivir.

It was one of the most formidable of Roman strongholds, and became a flourishing city after its siege and capture by

Julius Cæsar.

EXCURSIONS: Ruins of Ithalica, Azualfarrache, Triana Cartujà.

Cass: One or two persons, 2 fr.; three or four, 3 fr.; by hour, one or two persons, 4 fr.; three or four, 5 fr.

Post-office : Close to Hotel Madrid and de Paris.

Telegraph-office : Calle de Bailen.

British Vice-Consul; E. F. Johnston, Esq.

Doctors: Drs. Hauser, de Uriarte and J. Dalebrook (English).

Hotels: De las Cuatro Naciones, de Paris, de Madrid, de l'Europe.

Shanklin .- England, Isle of Wight.

Sea baths, fine sandy flat beach.

Air pure and healthy.

Season: June—October.

Hotels: Royal, Spa, Hollier's, &c.

Shap .- England, Westmoreland.

Alkaline waters.

Sheerness-on-Sea.-England, Kent, on the Medway.

Sea baths, shingly and sandy beach, climate bracing.

Season: June to September.

Hotel: The Fountain.

Shotley.-England, Northumberland.

Chloride of calcium and ferruginous waters.

Sidmouth.—England, Devonshire, near Exeter.

Sea baths, sandy beach; climate equable.

Climate: Surrounded by a semicircle of hills, Sidmouth is protected from all but balmy winds. Sunshine is, in winter, above the average for South Coast watering-places. Rainfall 26 in

Season: June to September, and in winter.

Special indications: Catarrhal and cardiac forms of asthma and bronchitis, and Indian cachexia.

Hotels: Knowle, Royal York and Bedford.

Siekeriki.-Russia, Poland, near Varsovia.

Ferruginous waters.

The establishment is incomplete.

Sierk.-Germany, Lorraine, near Thionville.

Two springs; 50° F.

Cold saline waters, similar to those of Mondorf.

Doctors: Drs. Burg and Weinberg.

Sierra Alhamilla.—Spain, province of Almeria, near Pechina; 1,800 feet above sea level.

Alkaline effervescent waters, 120° F.; used in drinking.

Special indications: Rheumatism, gout, uric diathesis, paralysis, white swelling, tendinous contractions, caries and necrosis, chronic ulcers, hyperæmia of liver and intestinal obstructions.

The establishment is thoroughly well fitted up. The accommodation is very inferior, the rooms containing only chairs and tables; patients are expected to bring their own bedding and linen. The prices are moderate.

Doctor: Dr. Hernandez.

Sierre.—Switzerland, on the Lausanne-Brigue Railway; 4,800 feet above the sea.

Climatic air station for spring and autumn.

Doctors: Drs. de Courten and de Sépibus.

Hotel: Bellevue.

Silkeborg.—Denmark, two miles from Silkeborg in Jutland.

Hydropathic establishment.

Silkeborg is the only actual cure station in Denmark; it lies in a most charming site, and is one of the most picturesque places in the country. Established in 1883. All arrangements are very good.

Doctor : Dr. Klee.

Silloth.-England, Cumberland, near Carlisle.

Sea baths; sandy and gravel beach; climate mild, dry, equable.

Season: June-September.

Hotel: The Solway.

Sils-Maria. -Switzerland, Engadine, near Maloja.

Climatic health resort.

Doctor: Dr. Courtin.

Silvaplana.—Switzerland, Engadine; altitude, 5,958 feet.

One of those delightfully-situated villages in the suburbs of St. Moritz where visitors congregate, who, wishful to secure mountain scenery and be removed from the busy whirl of the last-named centre, assemble during the summer. Here they can be accommodated in first-class style at reasonable rates, and have views of mountain scenery which are scarcely equalled by any in the Engadine. The valley below the village, which is the site of a deserted village, is in one of the sunniest and best sheltered situations in the locality, and it is surprising that no large hotel has been built here, especially as there is a mineral spring which possesses certain virtues, although the amount of sulphate of lime it contains detracts from its virtues. The village is three miles from St. Moritz. English Church, mountain guides; and looking down upon a long lake is a first-class hotel—the Hotel Poste Rivalta—which is a diligence station.

Sinigaglia.—Italy, province of Ancona, and near that town.

Sea baths and sulphurous spring, 110° to 130° F.

Special indications: Arthritis, rheumatism, gout, skin

diseases, affections of the liver and spleen.

Much frequented by wealthy Romans, although there is no bathing establishment. The spring is half-an-hour distant from the town.

Sinzig.—Germany, Rhenish Prussia, near Bonn.

Alkaline muriatic waters; a climatic station in summer with whey and grape cure.

A very old town, with picturesque surroundings.

Doctors: Drs. Leidecker and Topp.

Sion.—Switzerland, Valais. Grape cure station.

Siradan.—France, Department of Hautes Pyrénées, near Bagnères de Bigorre; altitude, 1,470 feet. Station, Salerhan.

Two springs.

Snlphate of lime and ferruginous waters.

Special indications: Affections of the urinary organs, chlorosis and anæmia.

Sitka.—Russian America, Alaska, on the Island of Baranoff. Hyperthermal sulphurous waters.

Sixt.—France, Department of Upper Savoy, near La Croix de Pilly. Effervescing ferruginous waters.

Skara-Chori.-Greece, Morea, Elis, near Katacobi.

A sulphurous warm lake.

There are some rnins of ancient baths with mosaic floors. They are still used as baths.

Skegness.-England, Lincolnshire.

Sea baths, sandy beach; climate bracing.

Season: June to September.

Hotel: The Sea View.

Skinburness.—England, Cumberland, on the Solway.

Sea baths, fine sandy beach; climate mild and dry. Season: June to September.

Sköfde.-Sweden, near the town of Sköfde.

Hydropathic establishment.

A good and well-appointed establishment. Very much frequented.

Doctor: Dr. Behm.

Slepzoff-Michailloff Springs.—Russia, Caucasus, near Wladikawkas. Sulphurous waters, 70° F.

There is a military hospital, but all other arrangements are as yet in a primitive state. The site is romantic and the scenery wild. Good hunting can be had.

Smyrna.—Asia Minor, near west coast. Thermal sulphurous waters.

Sobron. - Spain, province of Alava, near Vitoria and Miranda.

Alkali-saline waters, 60° F.

Special indications: Chronic intestinal derangements, hyperæmia of liver and spleen, vesical catarrhs, menstrual difficulties.

The place is situated in a charming valley. The establishment is not quite complete, but affords good accommodation at low prices.

Doctor: Dr. Tejada y España.

Soden.—Germany, Nassau, at the foot of the Tannus, near Frankfort-on-Maine; altitude, 450 feet; population, 1,600.

Effervescing and saline ferringinous springs, 45° to 86° F., with laxative and tonic action; there are 24 springs.

Climate: mild and equable.
Season · March to October.

Special indications: Scrofula, abdominal plethora, diseases of the heart, and chronic catarrhal affections of the throat, nose, larvnx, and lungs.

Doctors: Drs. Rothschild, Thilenins and Hughes.

Hotels: Kurhaus, Colossus, European Hof.

Söderköping.—Sweden, near the town of Söderköping.
The oldest establishment of its kind in Sweden.

Established in 1842; it has a charming situation near the Göta (Gotha) Channel. Exceedingly well-regulated establishment.

Doctor: Dr. Wallgren.

Södertelje.-Sweden, near the towns of Södertelje and Stockholm.

Owing to its proximity to the capital, its picturesque site and good baths, the place is much frequented, mostly as a

summer station and holiday resort; less so as a health resort in a strict sense.

Doctor : Dr. P. Johanson.

Soest.-Germany, Westphalia near Arnsberg.

Saline waters. Brine baths.

Special indications: Scrofula. The establishments are good.

Doctors: Drs. Bremme and Lent.

Soglio.-Switzerland, Grisons, near Promontogno (which see).

Climatic health resort.

Hotel and Pension : Gioranoli.

Solis.-Switzerland, in the Prattigau district, near Schynpass; altitude,

3,000 feet.

The mineral waters here contain chloride of sodium, sulphate of soda and bicarbonate of lime, with a small amount of iodide and bromide of sodium. They are prescribed for a variety of complaints, such as scrofula, goitre, chronic rheumatism of the joints, &c.

Sonneberg.—Germany, Saxe-Coburg; 1,250 feet above the sea level.

Climatic air station; hydropathy. Doctors: Drs. Bauke and Kayser.

Sonnenberg,-Switzerland, Cantou Lucerne; altitude, 2,500 feet; station at Krieus.

Climatic air station.

Hotel: Grand Hotel and Pension.

Sonthofen.—Germany, Upper Bavaria, near Immensee, 2,250 feet above sea level.

Climatic air station.

Doctors: Drs. Frank and Blanalt.

Sorrento.—Italy—Bay of Naples, one hour's drive from Castellamare, or by boat from Naples; 7,500 inhabitants.

Climatic air station, with sea bathing.

Season: February till June.

The situation of Sorrento, facing Capri, is one of the most lovely in the world. The country around is in a state of high enlivation. Very good fruits and fish. Tasso was born at Sorrento, 1544. The manufacture of scarves and stockings is the chief industry, together with wood mosaic work. The environs are very beautiful.

English Church Service in the Hotel Tramontana.

Banker and Exchange Office: A. Falangola.

Post and Telegraph Office: Piazza Tasso.

Chemist: Dr. Galano.

Doctor: Dr. H. B. T. Symons (English).

Hotels: The Hotel Tramontano, Tasso, Sirèna and Vittoria.

Sostó.—Austria-Hungary, comitat of Szabolcs.
Natronlake. A thoroughly well-arranged establishment.

Sotteville-les-Rouen.—France, Department of Seine Inférieure, near Rouen.

Thermal saline bromo-iodurated waters, 55° F.

Soulac-les-Bains.—France, Department of Gironde. Sea baths. Very fine beach.

Soulieux.-France, Department Isère, near Grenoble.

Sulphate of magnesia and soda waters, 5 grammes of mineralisation.

Sousas and Caldeliñas, or Aguas de Verin.—Spain, province of Orense, on the frontier of the Portuguese province Traz-oz-Montez.

Alkali saline waters, 49° F.; chemically superior to the waters of Vichy

Special indications: Calculus, hyperæmia of liver and spleen,

gastralgia.

There is a fairly good establishment at Souzas, but at

Caldeliñas the most primitive arrangements still prevail. Comfort is conspicuous by its absence, though the efficacy of the waters would amply repay a large outlay. They are unrivalled in the treatment of calculus.

Doctor: Dr. Gavilanes.

Southampton.-England, Hants.

Sea baths, unsatisfactory beach; climate mild and healthy. Since the American line of steamers and some of the P. & O. steamers have come to Southampton, the trade of the place has greatly improved.

Season: June to September. Hotel: The South Western.

Southbourne-on-Sea.—England, Hants, close to Bournemouth.

Sea baths, excellent sandy beach; climate healthy and invigorating.

Season: July to September.

Southend-on-Sea.-England, Essex.

Sea baths, sandy beach; pure and bracing air.

Season: June to August.

Hotel: The Royal.

Southport.-England, Lancashire.

Much-frequented sea bathing-place, with sandy beach, and mild and pure air.

Season: June to September for sea baths, also a popular winter resort from October to May.

Hydropathic establishments.

Hotels: Prince of Wales, Victoria, Queen's, &c.

Southsea and Portsmouth.—England, Hants, opposite Isle of Wight. Sea baths, shingly beach, with very fair bathing; climate mild and steady.

Season: July to October.

Hotels: Queen's, Imperial, and several others.

There are many boarding-houses at Southsea.

South Shields .-- England, Durham, on the Tyne.

Sea baths, sandy beach; climate pure and bracing. Season: June to September.

Southwold,-England, Suffolk.

Sea baths, saudy beach; climate very equable and healthy.

Season: June to September.

Hotel: The Swan.

Spa.—Belgium, close to the German frontier, 17 miles from Liege and Aix-la-Chapelle, 9 hours from Paris; from London viá Ostend, Calais and Brussels, about 12 hours; 1,050 feet above the sea level; nearly 7,000 inhabitants.

Highly effervescent ferruginous and acidulous waters. Eight springs. Every description of bath. As the waters produce

constipation, they should be used with caution.

Season: May to October. Air healthy and bracing.

Number of Visitors: More than 30,000 annually.

Special indications: Anæmia, chlorosis, female complaints, hysteria, gastralgia, sterility, difficult menstruation, liver complaints, urinary disorders, cachexia, mucous catarrh of the uterus, &c.

English and Scotch churches.

British Vice-Consul: H. Hayemal, Esq.

Bookseller: Jos. Engel, opposite the Pouhon.

Doctors: Drs. Cafferata (English), Scheuer, Everaerts, Sury, &c.

Hotels: De Flandre Orange, Belle Vuc, Europe, d'York, Britannique, de Lacken.

Spalato.—Austria, Dalmatia, on Gulf of Salona.

Saline and sulphurous waters, 28 grammes of mineralisation, of which 19 grammes are chloride of sodium.

Special indication : Scrofula.

Spezia (La).—Italy, on the Riviera di Levante, an Italian maritime port, between Genoa and Pisa. Fine bay.

Winter air-cure and summer sea bathing station.

Mean winter temperature, 50° F.; 74 rainy days, 64 cloudy days, and 63 sunny, during the winter season. The atmosphere is more humid than on the Riviera di Ponente. Spezia is especially recommended to people who find a difficulty in sleeping in other seaside places.

The Piazza Vittorio Emmanuele is a very fine square, and the gardens are being extended every year. The walks are admirably clean, and this is a very favourite one.

Very picturesquely situated; air fine and bracing. Many excursions. The new road to the fortifications, commanding a

magnificent view over the bay, is open to visitors.

There is a good theatre and a casino.

Vegetation is luxuriant, and composed chiefly of olive and vine trees. The water is good, but should always be mixed with wine at the beginning of residence, to prevent diarrhæa. There is very little dust.

English church in winter.

British Vice-Consul: J. H. Towsey, Esq.

Post Office: Corso Cavonr.

Telegraph: Via Facio.

Chemist: Fossati, Farmacia Regia.

Doctors: Drs. Sparks and Goldschmidt.

Hotel: Croce di Malta.

Spiekeroog.—Germany, Oldenburg, island in the North Sea, off the coast of Friesland.

Sea baths; sandy beach.

The bathing arrangements are simple, accommodation cheap, and scrupulously clean. Boating and hunting seadogs afford amusement for visitors.

Doctor: Dr. Kayser.

Spittal.—England, Northumberland, near the month of the Tweed.
Cold snlphate of soda waters.

Laxative action.

Splugen.—Switzerland, Canton Grisons; 4,350 feet above the sea level. Climatic health resort.

Sprofondo.-Italy, Tuscany, near Asciano.

Nine springs. Sulphinons waters, 37° to 75° F., mud baths. The establishments are good.

Stabio.—Switzerland, Canton Tessin; 3,300 feet above the sea level. Sulphurous spring.

Doctor: Dr. Ginella.

Stachelberg.-Switzerland, Canton of Glarus; 2,800 feet above sea level.

Cold sulphur waters.

Special indications: Skin diseases, chronic laryngitis.

A very well-appointed establishment, with comfortable accommodation and inhalation room (direct inhalation, system Wasmuth). The situation is highly picturesque.

Near here are Richisau, Niederurnen, Obstalden and Muhle-

horn, all bathing stations.

Doctor · Dr. Schonemann.

Staden.—Germany, Hessen-Nassau, near Nidda.

Earthy saline waters. Exported.

The establishments are incomplete, though the spring is one of the oldest in Germany.

Stanz.—Switzerland, capital of Canton Nidwalden; 1,550 feet above the sea level.

Near here are Rotzberg, Sarnen, Sachseln, Kurns, Brunig and Bains de Wylen, all health resorts.

Doctors: Drs. Bucher and Gutt.

Staraja-Rossa.—Russia, district of Nischni-Novgorod.

Cold saline iodo-bromurated waters.

The establishments are very good, and the place is one of the most frequented of Russian stations. Its situation is charming.

Doctors: Drs. Bloch, Pawleff, Rochelt and Weber.

Starbeck.-England, Yorkshire, near Harrogate.

One ferruginous and one sulphurous spring, both slightly mineralised.

There is a bathing establishment lately opened, which is beginning to be frequented.

Stavenhagen.-Germany, Mecklenburg-Schwerin, near Gustrow.

Earthy alkaline ferruginous waters.

The arrangements leave room for improvement.

Doctors: Drs. Ahlers and Deter.

Steben.—Germany, Bavaria, Upper Franconia, near Hoff; 1,900 feet above sea level, on the plateau between Frankenwald and Thuringerwald. Temperature equable, rather cool in summer, dry, very rich in ozone.

Mud baths; the most celebrated in Germany.

Season: May 15th to October 1st.

Two strong ferruginous effervescing springs: Tempelquelle (0.062 carbonate of iron, 3.074 carbonic acid) and Wiesenquelle (0.055 carbonate of iron, 2.602 carbonic acid). On account of the large quantity of free carbonic acid held in solution, these palatable and digestible chalybeate waters are second to none in Europe. They can be used externally and internally.

Special indications: Mud baths used for rhenmatism, articular contractions, gont, female diseases, sterility, impotence,

paralysis.

Mineral water baths for neurasthenia, diseases of the heart, debility, tabes, dyscrasia.

Drinking cure for anæmia, chlorosis, dyspepsia, chronic catarrh of the mucous membranes.

The bathing establishments are all under Government management. In 1889 the Bavarian Government spent

£20,000 to provide Steben with all modern improvements. Prices will be found very moderate.

Doctors: Drs. Stifler and Sauer.

Hotels: Park Hotel, Bayrischer Hof, Deutscher Kaiser.

Steinabad .- Germany, Baden, in the Black Forest.

A climatic station.

The place is situated in the midst of pine forests. The climate is mild and strengthening. Disorders of the digestive organs are those chiefly benefited by residence.

Doctor: Dr. Wagner.

Steinerhof.—Austria, near Bruck.

Climatic air station, with hydropathy.

Doctor: Dr. Mally.

Steinheyde.-Germany, Saxe-Meiningen.

Saline ferruginous waters.

The site is picturesque, but little has been done towards improving the place.

Steinwater.-Austria, Bohemia.

Sulphate of magnesia waters, 31 grammes of mineralisation, of which 28 grammes are sulphate of magnesia.

Purgative, as Püllna and Sedlitz.

Stenungsön.-Sweden, province of Gothenburg.

Sea baths.

Stenungsön is one of the mildest and least oppressive places on the Swedish west coast, in a well-wooded situation among pine trees. It is a favourite place for those suffering from chest complaints and debility.

Doctor: Dr. Johnson.

Sternberg.-Austria, Bohemia, near Prague.

Chalybeate waters. Whey cure station.

The establishment is very efficient. The site is picturesque and much visited.

Doctor: Dr. König.

Stolberg.—Germany, Thuringia, in the Hartz; 930 feet above the sea level.

Climatic air station.

Doctors: Drs. Schattenberg and Schwarz.

Stolypin.—Russia, on the Kuschum, one of the tributaries of the Volga. Saline sulphurous waters.

The establishment is thoroughly well fitted up, is very elegant, and affords comfortable accommodation. Its situation is charming, and the place is rising rapidly in public favour.

Stoos.—Switzerland, near Brunnen; 3,870 feet above the level of the sea. Climatic health resort.

Doctor: A doctor from Brunnen.

Storlien.-Sweden, in Jemtland.

Air station, 1,935 feet.

Storlien, a comparatively new place, has of late been much frequented on account of its elevated situation and charming scenery.

Strathpeffer Spa.—Scotland, Ross-shire, on Highland Railway, near Dingwall; very picturesque scenery. Fast trains from London (King's Cross, Euston or St. Paneras), about 14 hours.

Strong sulphurous and effervescing chalybeate waters.

The bathing establishment has been recently enlarged and fitted with the latest improvements. Sulphur, Russian, Vapour, and Pine, splendid Peat, and modern Douche Baths.

A popular, mild, yet bracing health and pleasure resort, with pure air, and plenty of sport and amusement. Good golf

links.

Special indications: Gout, rheumatism, liver and skin diseases. Hotels: Spa Hotel, an old-established, well-managed house (see advt.), Ben Wyvis, &c.

Scotch and English churches.

Streitberg.—Germany, Bavaria, near Forchheim; 1,800 feet above sea level.

A climatic air station, with whey cure.

The surrounding hills are covered with pine forests. The country is picturesque, and abounds in walks and excursions. The establishment is thoroughly fitted up, and affords ample accommodation.

Doctors: Drs. Heinss and Katz.

Stresa.—Italy, Lago Maggiore, in front of the Borromean Islands.

Seasons:—Spring and autumn.

Health resort. Excellent water supply and hotels; intermediate station between Riviera and Switzerland. Starting-place for Simplon Pass and surrounding lakes.

Doctors: Drs. H. Danvers and Harry Grey (English). Hotels: des Isles, Borromees, Beau Sojourn, Milan, &c.

Strömstad.—Sweden, on the Skagerak.

Sea baths.

Strömstad ranks third or fourth among the principal seaside stations. Good and cheap accommodation. The mud baths are famous, but are of a different kind to those of Loka. The warm baths are old-fashioned, but will shortly be rebuilt. The cold baths are new.

Doctor; Dr. Johansson.

Stuben.-Austria-Hungary, comitat of Arva Turócz, on the Stubna.

Earthy saline bitter waters, 110° F.

The establishment and accommodation generally are very satisfactory. The place is romantically situated, and the park and gardens well kept.

Stuer .- Germany, Mecklenburg-Schwerin, on the Plauen See.

Hydropathic Establishment.

The establishment is surrounded by a very well-kept, shady park, and is much frequented.

Doctor: Dr. Bardey.

Stuttgart.—Germany, capital of Würtemberg; from Paris by Strasburg

and Kehl, 171 hours. 88 fr. 1st class. Cologne, 10 hours.

Stuttgart, most beautifully situated a short distance to the west of the Neckar, surrounded by hills, covered with orchards and vineyards. By the luxuriance of its vegetation its sheltered position is clearly shewn. This makes it particularly suited for a winter health resort, especially for delicate, consumptive, and nervous people. It has one of the lowest death-rates of all cities.

Excussions: Villa Rosenstein, Palace Gardens, Wilhelmina, Cannstadt and Solitude, and Hohenheim, Panorama railway to Hasenberg with Belvedere Tower.

Cabs: according to tariff.

British Consul: A. Kaulla, Esq.

Dentist: Ferd. Klein, Vanderfoord.

Doctors: Drs. Von Koch, Faber (speaks English) and Von Burckhardt.

Hotels: Marquardt, Royal.

Styrsö.-Sweden, hour by steamer from Gothenburg.

Styrso is a charming tourists' resort, immediately outside Gothenburg, and which has of late been equipped with every modern comfort.

Good hotel, new hot and cold baths.

Facilities for yachting and fishing.

There is a small hospital for scrofulous children, open in summer only.

Doctor: Dr. Silfverskiöld.

Suderode.—Germany, near Quedlinburg.

Saline waters.

Special indications: Scrofula, pulmonary affections, anæmia, &c.

Doctor: Dr. Pelizäus.

Hotel: Kurhaus.

Sulz.—Hungary, comitat of Eisenburg, near Güssing.

Cold alkaline, earthy waters.

Very celebrated in the district. The establishment is good and the accommodation satisfactory.

Doctor: Dr. Plohn.

Sulza.-Germany, Saxe-Weimar.

Saline waters; brine baths; grape cure.

Special indications: Scrofula.

The site is charming, and the establishment good.

Doctors: Drs. Schenk, Franck and Möller.

Hotels: Kurhaus and de Saxe.

Sulzbach.-Germany, Alsatia, near Colmar.

Cold bicarbonate ferruginous waters, 4 grammes of mineralisation.

Special indications: Dyspepsia, anæmia. Doctors: Drs. Brannock and Langguth.

Sulzbach,-Germany, Baden.

Ferruginous bicarbonate waters, 50° F., 2 grammes of mineralisation.

Special indications: Dysmenorrhœa.

Doctor: Dr. Frank.

Sulzbad.-Germany, Alsatia, near Weissenburg and Strasburg.

Saline iodo-bromurated waters, 4 grammes of mineralisation. The same therapentic properties as Wildegg and Kreuznach. Special indications: Scrofula and lymphatic affections.

The gardens are beautiful, and the establishment well fitted up.

Sulzbrunn.—Germany, Bavaria; Railway station, Jodbad Sulzbrunn on the new line, Kempten-Pfonten-Tyrol.

Iodine springs and mountain health resort, in a magnificently sheltered position, 2,860 feet above the level of the sea.

Season: May to October.

There are five iodine springs, of which the principal, called the Roman spring, is the purest, and is particularly free from bromine and sulphuric acid. It has to 10,000 parts 0.157 of iodide of magnesium (Kreuznach 0.014).

Special indications: Scrofula, swelling of the glands, goitre, gout, rheumatism, corpulency, skin diseases, syphilis, diseases

of the throat and abdomen and female complaints.

The water of Sulzbrunn has for very many years proved an effective remedy against the diseases mentioned above, and quite recently the Roman spring, when used for the first stage of diseases of the spine, produced splendid results, as it does in the case of sprains and stiffness of the joints.

Now that the new railway is open, many pleasant day excursions can be made, as there are several neighbouring places well worth visiting, among which may be mentioned the royal castles of Hohenschwangen and Nenschwanstein. There is also plenty of amusement to be found in Sulzbrunn itself; games, such as billiards, lawn tennis and croquet; fishing in a large trout stream.

Resident, physician at the spring, Dr. Alf. Müller, who in winter is at Hirschbergin, Silesia. Post and telegraph station. Living is cheap; visitors chiefly go to the Kur Hôtel or its dépendances; some take lodgings in the houses of the inhabitants, but this latter course is not recommended. All information, with English pamphlet, can be obtained free of charge from the Bade-Direction.

Hotel: Kurhotel.

Sulzmatt.—Germany, Alsatia, near Gebweiler and Colmar; 850 feet above sea level.

Effervescing alkaline waters, more gaseous than those of Seltzer.

Special indications: Catarrh of the bladder and lnngs.

An excellent table water.

Doctors: Drs. Heberle and Klein.

Sutinsko.—Austria-Hungary, Croatia, near Agram.

Inert waters, 100° F.; climatic station.

This is a very favourite bathing-place. The situation is good, and the air mild and exhibitating.

The establishment is elegant, and thoroughly well fitted up. Comfortable accommodation at reasonable prices.

Sutton-on-the-Marsh.-England, Lincolnshire, near Alford.

Sea baths; sandy beach; climate bracing and healthy.

Season: June to September, Hotel: The Jolly Bacchus.

Swanage.-England, Dorsetshire, Isle of Purbeck.

Sea baths; sandy beach. Climate very healthy.

Season: July to September.

The surrounding scenery is fine. During the season, boats run several times daily to and from Bournemonth.

Hotels: The Grand: a large hotel, with all modern improvements—adjacent to golf links; The Victoria, The Grove.

Swansea and the Mumbles.—Wales, Glamorganshire. Sea baths; sandy beach. Climate good.

Swinemunde.—Germany, Pomerania, on the Baltic Coast.

Very well frequented sea baths, near Stettin; very fashionable.

British Vice-Consul: E. Rose, Esq.

Doctors: Drs. Schulze and Wilhelmi.
Hotels: Wilhelmsbad and Three Crowns.

Szczawnicza.—Austria, Galicia, near Neusandek; station, Alt-Sandeck; 1,700 feet above sea level.

Alkali-saline ferruginous waters; whey cure.

Special indications: Chronic metritis, vesical catarrhs, kidney affections, fluor albus, vaginal and uterine catarrhs, goitre, rachitis.

Owing to its magnificent situation, and the elegance and comfort of its bathing establishments and accommodation, this place is the most important of the Galician bathing stations. Each year the number of its visitors increases. The efficiency of its waters contributes to this result in no small degree. The excursions are very varied and interesting, while the Knrsaal supplies all that is required for making the time pass pleasantly.

Doctors: Drs. Kryda and Trembecki.

Szinyak.-Austria-Hungary, comitat Bereg, near Munkacz.

Sulphurous cold waters, containing alum and sulphuric acid.

Special indications: Gout and rheumatism.

Situation romantic; pure forest air. The establishment is well fitted up.

Szinye-Lipoez.—Austria-Hungary, near Eperies.

Alkaline waters, containing iodine and lithium.

Special indications: Kidney and vesical disorders.

Szkleno.—Hungary, comitat of Bars, near Schemnitz; nearest station, Gravam, Berzenze.

Several thermal sulphate of lime springs, 50° to 135° F.

Special indications: Rheumatism, gout, skin diseases.

The establishments leave much room for improvement.

They are all very elegant, but not well suited to modern requirements. The situation is highly picturesque, and excursions are abundant. The parks and gardens are scrupulously kept, and the surrounding woods are laid out with walks. The sojourn is an agreeable one, and the place is gaining in favour steadily.

Szklo.—Austria, Galicia, five hours from Lemberg.

Sulphate of lime water.

Special indications: Skin diseases, rheumatic affections.

The establishments are good.

Szliacz.—Hungary, comtat of Sohl, near Kremnitz; 1,200 feet above sea level.

Eight ferruginous effervescing springs, 25° to 80° F.

Diuretic, tonic, and fortifying.

Special indications: Anæmia, menstrual disorders, atony. Well-appointed and well-frequented; beautiful situation.

Doctors: Drs. Molmar, Stern, Szemere.

Szmrdak.—Austria-Hungary, comitat of Oberneuthra, near Szenitz.
Sulphurons waters.

Special indications: Chronic skin diseases, paralysis, hæmorrhoids, disorders of liver and spleen, hypochondriasis, hysteria, scrofulous and rhachitic affections, dyscrasia, chronic blenorrhæa.

The situation is picturesque, and the concourse of visitors

The two bathing establishments are thoroughly well fitted up. The large Kurhaus, built in the style of an old feudal castle, affords very excellent accommodation. The establishments are situated in an extensive English-like park.

Szobrancz.-Hungary, near Kaschau; nearest station: Ungvár.

Saline sulphurous waters, 35° F.

In a very picturesque position, with mild salubrions air and well-appointed arrangements. The list of visitors is composed principally of Russians, Moldavians and Hungarians of the upper classes. The whole place is one large park.

Doctor : Dr. Russay.

Tamames.—Spain, province of Salamanca, near Sequeros.

Sulphurous waters.

Special indications: Gastro-hepatic disorders, tumours and skin diseases.

The establishment is antiquated, but was much frequented in the last century.

Tambach.-Germany, Saxe-Coburg, near Gotha; 1,500 feet above the sea level.

Climatic station in summer.

One of the most picturesque of the valleys of Thuringia. The surrounding country is covered with pine forests.

Doctor : Dr. Krause.

Tangier. - Morocco: a small seaport town on the Straits of Gibraltar.

Access: By sea from London in about five days to Gibraltar, crossing thence to Tangier (34 miles) in about four hours.

Season: November to May.

Climate: Mild and dry; mean winter temperature 60° F.,

mean annual 65° F. Rainfall about 30 days.

Although by its climate eminently fitted for a health resort. Tangier is not at present adapted to the requirements of invalids. Sanitation is only in its infancy; the houses are poor, and the streets narrow and dirty. During the last few years an effort has been made to improve the town, and some paving has been done and the electric light introduced; but until the place is above reproach in the matter of its drainage, and has an assured water supply, it cannot be recommended to the traveller in search of health. As an interesting place to visit for the robust, who want change of air and scene, combined with the warm dry climate of North Africa, Tangier offers many attractions.

British Consul: H. E. White, Esq.

Vice-Consul: E. W. Smith.

Doctors: Drs. Breeze, J. R. Jeaffreson, Roberts.

Hotels: Continental, Villa de France, New York, and Bristol.

Tannenbrunnen.—Germany, Bavaria, near Haagard Ampfing.

Indifferent waters.

The establishment is good, and affords comfortable accommodation.

Taormina.—Italy, Sicily, 30 miles from Messina; one mile by carriage, and half-mile by footpaths.

Winter station, and one of the most interesting places in

Sicily.

The Hôtel Belle Vue truly deserves its name, and will be found very clean and comfortable.

Tarascon.—France, Department of Ariège, near Foix, Ax and Ussat.

Bicarbonate of iron waters.

Tarasp, (Tarasp-Schulz).—Switzerland, Engadine; 4,500 feet above sea level; from London vid Basil Zuich and Davosplatz, thence by carriage.

Sulphate of soda waters, 195° F.; climatic station.

Season: 15th May to 30th September.

Special indications: Affections of the bladder, prostate gland and vesical catarrh.

Doctors: Drs. Leva, Dorta, Vogelsang, Denz, and Tondury. Steiner, &c., Hotels: in Tarasp Kurhaus; in Schulz Belvedere, Victoria; in Vulpera Hotel, Waldhours.

Tatenhausen.-Germany, Westphalia, near Bielefeld.

Indifferent waters; mud baths.

Special indications: Nervous affections.

The establishment is good, and the accommodation comfortable and moderate in price.

Tatzmannsdorf.—Austria-Hungary, near Günz and Stemamanger.

Bromurated earthy, ferruginous waters; climatic station.

A well-appointed establishment, beautifully situated.

Well-frequented station; mild and equable air.

Doctors: Drs. Rohrer and Thiede.

Tegernsee.—Germany, Bavaria, 25 miles from Munich; 2,490 feet above sea level.

Climatic mountain air station, with whey cure.

The site is charming and the accommodation comfortable.

Doctors: Drs. Pracher and Ott.

Teignmouth.—England, Devonshire, on the Channel coast.
Sea baths, smooth sandy beach; climate bracing.

Bishops Teignmouth Hydro.

Telese.—Italy, province of Benevento, on the line from Naples to Foggia; carriages and omnibus from the station to the establishment; 1,900 feet above sea level.

Sulphurous waters, 68° F., containing much sulphuretted hydrogen gas. Used externally and internally.

Seasons: June to September.

Special indications: Herpes, affections of the glandular system, rheumatism and mercurialism.

This place is much frequented, and during the season a

special service of fast trains runs between it and Naples.

The establishment is fitted with all modern requirements. Visitors and patients generally prefer, however, staying at San Salvatore Telesine, a fine village in a very picturesque position, quarter of an hour by carriage from the establishment. There are comfortable hotels with pensions, from 10 fcs. upwards a day. Beautiful walks and excursions.

Post and Telegraph Office. Doctor: Dr. Abbamondi.

Tenbury.-England, Worcestershire.

Cold saline waters.

Special indications: Scrofula.

Tenby.—Pembrokeshire, South Wales.

Sandy beach. Very high sunshine record. Mild winter climate. Good bathing, fishing and boating.

Special indications: Bronchial affections, asthma, rhen-

matism.

Hotels: Royal Gate House, Coburg, Royal Lion, Tudor (temperance), Commercial.

Teneriffe.—An island in the Atlantic, chief of the group known as the Canary Islands. 28° N., long, 16° 7′ W. Population, 110,000. From Southampton by the Union S.S. Co. in about 4 days; from London by Shaw Savill, New Zealand, or Forwood Bros., S.S. Co's. in 5 to 6 days. From Liverpool by African S.S. Co. or Avocet line.

Sea baths.

Special indications: All chest complaints.

Teneriffe is the most important island of the Canary group, and contains the world-renowned peak over 12,000 feet in height. It has of late years been greatly frequented as a health resort, on account of its equable temperature and dry climate. Good hotel accommodation can now be obtained at Santa Cruz, Guimar, Laguna and Orotava, especially at the latter place, where is the English Grand Hotel, a magnificent establishment, replete with every comfort. Visitors to Teneriffe will greatly appreciate the fact that there is no Custom House examination of luggage.

British Consul: John Edward Croker, Esq.

Santa Chuz.—Chief port and capital of the islands. Seat of the principal civil and military authorities. Has a fine harbour with breakwater, easy landing, and no Customs dues or examination of luggage.

Season: November to May.

Special indications: Asthma, rheumatism, gout, as well as all lung complaints.

Climate:

Mean temperature, November to May 65°
Do. January & February (coldest months) 63°
Minimum do. do do. 53°
Mean relative humidity, November to May ... 63°

Total annual rainfall, 11:72 inches.

Bankers . Hamilton & Co.; who are also the oldest wine merchants in the islands.

British Vice-Consul: R. C. Griffiths, Esq.

Doctors: Drs. Otto, Dominquez, Costa, Bethencourt, Estarriol.

Hotels: Camacho's, Pino de Oro, &c.

GÜIMAR.—Climatic air station.

Situated about 20 miles from the Port of Santa Cruz, opposite side of Orotava. Güimar is on the south-eastern side of the island with an altitude of 1,200 feet, sloping sharply down to the sea in three miles; behind it the hills reach a height of 7,000 feet, and still further inland is the Peak of Teneriffe (13,000 ft.). There is a good water supply, and vegetation is profuse; date palms, mangoes, custard-apples, oranges, bananas, figs, citron, loquats, coffee and almonds flourish exceedingly in the sunny and health-giving air of the Vale of Güimar.

Climate: The mean winter temperature is 64°; mean summer 70°; annual rainfall 13 inches; mean daily sunshine 6 hours in winter; absolute minimum temperature ever recorded 44°.

Special Indications: Early phthisis, kidney disease, chronic bronchitis.

Doctor: Dr. Stanford Harris, Dr. Macfie.

Hotels: "El Buen Retiro"—With an English resident physician. The Güimar Hospital (for tuberculosis) has recently been opened for treating consumptives by the "open-air" method.

LAGUNA.-Elevation 1,840 feet.

Summer resort.

Season: May to October.

 Mean temperature, May
 63.9°

 Minimum do. do.
 52.8°

 Mean relative humidity, do.
 73.9°

 Mean temperature, August
 71.5°

 Minimum do.
 60.4°

 Mean relative humidity, do.
 64.3°

Hotel: The Aguere Güimar.

PORT OROTAVA.—The principal winter health resort and most beautiful situation in the islands. Five hours' drive from Santa Cruz by fine carriage road.

Season: October to May.

Mean temperature, October to May 63°
Do., January and February (coldest months) 60°
Minimum do. do. do. 53°
Maximum variation, October 15°
Do. do. November to May ... 13°
Mean relative humidity, November to May 75'7°

Annual rainfall, 15:34 inches.

Maximum rainfall, 3.13 inches.

Special indications: All forms of throat and lung complaints. English Church: Chaplain, Rev. Mr. Humphreys, and parsonage on the estate of the Taoro Hotel Co.

Doctors: Drs. George V. Perez, F. Lishman and J. K. D.

Ingram.

Bankers: Messrs. Hamilton & Co., Sta. Cruz, for the Taoro Grand Hotel, and Mr. Peter S. Reid, vice-consul.

Hotels: The Taoro Hotel Co.'s English Grand Hotel (200 guests), under entirely new management, perfect sanitary arrangements and water supply, lighted by electricity, and with fine grounds (see advt. at end); Martianez, and Marquesa, besides boarding-houses and villas.

Tenigerbad.—Switzerland, Prattigau district.

Sulphate of lime and magnesia waters.

Doctor: Dr. Decurtius.

Near here is Peiden, with a ferrnginous spring.

Tennstädt.—Germany, Prussia, province of Saxony, near Langensalza. Sulphate of lime waters, 30° F.

Special indications: Rheumatism and skin diseases.

The establishment is efficient, but the country is uninteresting. *Doctor*: Dr. Bierbach.

Tenos -- Greece, island in the Archipelago.

Alkaline waters.

There are no arrangements for visitors.

Teplitz.-Austria, Moravia, 1-hour from Weisskirchen.

Effervescent ferrnginous waters; climatic summer station.

The air in the valley of Teplitz is very mild and steady. The scenery around is picturesque. The establishments are good and the accommodation comfortable and moderate. A quiet place of residence. It is much frequented.

Teplitz-Schönau.—Austria, the oldest watering-place in Bohemia; 700 feet above sea level; 20,000 inhabitants. From London viá Ostend, Cologne and Dresden, about 30 hours.

Hot alkali-saline waters. The temperature of the several springs ranges between 78° and 120° F. The coolest is the

Steinbath, and the hottest the Stadtbath spring. Refrigerating basins enable the application of the waters at any temperature. There are thirteen springs.

Season: Ist May to end of September, but in Teplitz open all the year.

Number of visitors, over 30,000 per year.

Special indications: Rheumatism, gont, neuralgias, paralysis, incipient spinal complaints, scrofulous tumours and sores, sequelæ of severe wounds, fractures, anchylosis, and affections of the tendons.

Teplitz-Schönau is a thermal mineral bathing station of first importance. It lies in a valley of the Erz mountains, by which it is sheltered from north winds. Against the hot south winds the Mittel mountains provide efficient protection. The parks and gardens are magnificent, while the walks and drives offer every variety of scenery and vegetation. The excursions into the Erz and Mittel mountains are very interesting.

The bathing establishments contain arrangements for mud baths. This mud is applied in most of the above-mentioned complaints in conjunction with thermal water baths. The thermal waters are applied in tub, sitz, percussion baths and all kinds of douches, electric baths, full, half and local mud baths; massage. For internal application the Stadtbath spring is used; mineral waters of all springs, whey cure, &c., with very satisfactory results.

The bathing establishments: Stadtbad, the Kaiserbad (with very luxurious arrangements), and Steinbad, belong to the municipality of Teplitz. The Schlangenbad is the property of the adjoining Schönau. The cure is taken in summer and winter; the bathing establishments offer very comfortable accommodation.

The prices of the lodgings vary with the season, and are according to accommodation. In municipal bathing establishments of Teplitz prices range as follows: In the Stadtbath, from 8 to 18 florins; in the Kaiserbath, from 15 to 35 florins. Drawing rooms, from 35 to 50 florins; servants' rooms, from 5 florins; in the Cursalon, from 7 to 24 florins; in the Steinbath, from 7 to 15 florins. All the prices are per week. In winter, prices range lower.

Teplitz has a very fine Cursaal, a magnificent theatre, and a municipal band of musicians; in Teplitz and Schönau a military band gives concerts several times a week. There are elegant reading-rooms in Teplitz, and also in Schönau. Churches of various denominations, and two railway stations.

Post and Telegraph Office: Schlossplatz No. 2./69.

For detailed information, apply to the Bath Inspector in Teplitz, and to the Mayor in Schönau.

There are a great many cafés, restaurants, confectioneries and wincrooms: villas and private apartments.

Doctors: Drs. Weil, Popper, Schener, Eckstein, Pusch, Heller, Kraus, I. Hirsch, Eichler, Müller, Löwy, Langstein, Janka, Lieblein, Nusko, Radnik, Beck, Grohman, Gudra,

Mauder, Stein and Krenn.

Hotels: Grand Hôtel de la Poste, Hôtel Roi de Prusse, de Londres, Altes Rathaus, Kronprinz Rudolph, Schwarzes Ross, Blauer Stern, Riesenburg, Bahnhof, all first class in Teplitz. Hôtel Habsburg, Hotel Hermannsburg and Hotel Osterreich, all first class in Schönau.

Terme Luigiane.-Italy, Calabria, province of Cosenza, on the line

from Naples to Cosenza.

Two sulphurous (212° F.) and ferruginous (70° F.) springs. Special indications: Rheumatism, skin diseases, anchylosis. contractions, anæmia, chlorosis, difficult menstruation.

Establishments not good; the accommodation is of a primitive

kind.

Termini Castroreale.—Italy, Sicily, province of Messina.

Ferruginous sulphurous waters, 90° F., slightly effervescent. Special indications: Affections of the respiratory organs, uterine diseases, rheumatism, gout, herpes.

There is an establishment, and the town is gaining in

popular favour.

Doctor : Dr. G. Bonanno.

Termini Imerese .- Italy, Sicily, province of Palermo.

Sulphate of sodium water, 115° F.

Special indications: Skin diseases and rheumatism, liver, kidney, vesical and intestinal disorders.

There is a good establishment.

Ternaut.-France, Puy de Dôme

Cold ferruginous bicarbonate waters.

Special indications: Feeble digestion.

Terrasse (La).-France, Department of Isére, near Grenoble. Sulphate of calcium waters.

Terrau.-France, Department of Cantal.

Cold ferrnginous bicarbonate waters.

Territet.-Switzerland, Canton Vaud: altitude 1,400 feet.

Climatic health resort on the Lake of Geneva, adjoining Montreux. Hydropathic establishment. Hydrofluoric acid inhalation rooms.

Doctor: Dr. A. L. Leeson (English).

Hotel: des Alpes.

Teruel.—Spain, capital of province of same name, on the river Guadalaviar. lnert waters, 80° F.

The establishments are quite insufficient, and are almost entirely neglected.

Testa.—Italy, province of Siena, valley of the Paglia.

Ferraginous effervescent waters, 110° F.

Known to the Romans as the "Balnea Clusina," but now almost abandoned. The establishments are not good.

Teste (La) .- France, Department of Gironde, near Arcachon. Sea baths; sandy beach; mild climate, but heavy surf.

Teufen.-Switzerland, Canton of St. Gall; 2.640 feet above sea level.

Sulphurous waters.

Climatic station.

There are three bathing establishments, all alike antiquated.

Thal.-Germany, Thuringia; about 1 hour by rail from Eisenach.

Climatic air station; hydropathic establishments at Luisenbad.

Doctor: Dr. Pollitz.

Thal.-Switzerland.

Climatic health resort.

Thale.—Germany, prov. Saxony, near Quedlinburg; 800 feet above the sea

Climatic air station, saline waters and hydropathy.

Doctors: Drs. Bode and Loew.

Thalgut.-Switzerland, Canton of Berne, half-hour from Thun; 1,650 feet above sea level.

Cold ferruginous sulphurous waters.

Special indications: Rheumatism and nervous affections. The establishment is fairly good.

Tharandt.-Germany, Saxony, on the Weiseritz, near Dresden.

Cold ferruginous waters.

Very good arrangements; the place is much frequented. Doctor: Dr. Haupt.

Theissholz.-Austria-Hungary.

Earthy waters.

Very primitive arrangements, used only by the surrounding inhabitants.

Thermopylæ.-Greece, Phthiotis; also called Herculesbath.

Saline sulphnrous waters, 140° to 145° F.

The arrangements are altogether behindhand.

Thesbis Spring.-Greece, Bœotia, on the Helikon.

Ferrnginous waters.

Renowned and much used in antiquity in cases of sterility; they are now altogether abandoned.

Thonen-les-Bains.—France, Upper Savoy (ten hours from Paris); 1,400 feet above the level of the sea. 500 inhabitants.

Carbonate of lime waters.

Doctors: Drs. Vautier and Lochon.

At Marclay, near here, there is an iron spring.

Thorp Arch, or Boston.-England, Yorkshire, West Riding, near Bramham.

Saline waters.

Very picturesque site; air and climate good.

Hotel: Crown Hotel.

Thorsöken.-Norway, near Fridriksstad.

Sea baths and saline springs.

Doctor: Dr. Christianse.

Thoune or Thun .- Switzerland, Canton Berne, on the lake of Thun; 4,600 inhabitants.

Climatic station.

Season: June to September.

Climate bracing and strengthening. Spring being always very beautiful and some weeks in advance here, compared with other Swiss towns, it is therefore especially suited as a spring resort for people returning from the south.

The surrounding country is covered with pine forests, and excursions are numerous. Boating and fishing can be had: the town is old and interesting, with a mediaval castle and several

good public buildings.

English Church.

Banker: A. Knechtenhofer.

House and Estate Agent: A. Knechtenhofer.

Doctors: Drs. Burkhalter, Kaufmann, Mory, Pauli, Rau, Ris, Vogeli.

Hotels: Thunerhof, Falcon Hotel, Belle Vue, &c.

Thues.-France, Department of Pyrénées Orientales, near Olette.

Sulphurons waters, 170° F. Arrangements are imperfect.

Thurso Bay, -Scotland, Caithness, near Dunnet Head.

Sea baths, sandy beach; climate bracing.

Season: June to September.

Thusis.-Switzerland, Canton of Grisons, on the Via Mala, near Coire. Mixed sulphurous waters.

Special indications: Skin diseases.

The establishment is old: accommodation comfortable.

Tiflis.-Asia, Caucasus, Georgia.

Thermal sulphurous springs.

Tillerborn.—See Tönnistrin.

Tintagel.-Cornwall.

Health resort on the Atlantic. Magnificent coast scenery. Hotel: Tintagel Castle and Wharncliffe Arms.

Tobelbad.—Austria, Styria; 1,050 feet above the sea level, near Graz.

Inert waters, 80° F. A climatic station in summer.

The establishments are excellent; accommodation abundant and comfortable. The situation is picturesque, and residence very agreeable. There are large well-kept gardens and a park. Doctor: Dr. Blumaner.

Tônnisstein.—Germany, Rhenish Prussia, near Neuwied and Andernach. Bicarbonate table waters. Only used for exportation.

There is an establishment.

Doctors: Drs. Bickel and Hintze.

Tonsasen.-Norway, in Valders; 1,970 feet.

Climatic air station.

Summer and winter sanatorium, with sub-alpine forest climate. The place is surrounded by large pine forests.

Exceedingly good arrangements.

Doctor : Dr. K. Andword.

Tôplika.--Austria, Croatia, near Warasdin and Agram.

Several sulphate of soda and alkaline springs, 145° F.

Special indications: Arthritis and skin diseases.

Several establishments and mud baths.

The Emperor Constantine rebuilt the thermæ after their destruction by fire in the third century.

Doctor: Dr. A. Fodor.

Topolschiz.—Austria, Styria, near Schonstein.

Indifferent waters, 80° F.

The arrangements are somewhat antiquated, but the accommodation is good, and the situation very fine.

Topuczko.-Austria, Croatia, near Sissek.

Several inert springs, 115° to 140° F.

Mud baths; climatic air station.

Special indications: Arthritism, scrofula, menstrual disorders.

Good arrangement; military hospital; large parks.

Doctors: Drs. Hinterberger and Matkovic.

Torda.-Hungary, Transylvania, near Klausenberg.

Bromo-iodurated saline waters.

Special indications: Scrofula.

Arrangements pretty good.

Torquay.-England, Devonshire. Pop. 23,500.

Winter station and summer sea bathing station.

Season: November to May. Many attractions also in August and September.

Climate: The chief characteristic is its equability. Mean temperature for the year 50° 9 F., in winter 45° with a mean

range of 10° 2. Rainfall 31 inches. General absence of fog. Sunshine 847 per cent. of possible; winter 30.5 per cent.

The town is situated on the shore of Torbay, and faces S. and W. It is sheltered from north and east winds by limestone hills. Water supply from Dartmoor. Sewage is discharged into the Channel three miles from the town. Electric light.

Special indications: Bronchitis, asthma, consumption,

chronic rheumatism, insomnia.

Amusements: A good yachting centre (New Corinthian Sailing Club). Promenade pier and ornamental grounds, concerts (including Sundays), town band, and small theatre. Cycle track, racquet court, race course (races at Easter), golf, tennis, rowing, &c., North Devon foxhounds. Regular steamboat and coaching excursions in summer to neighbouring parts. Regatta and yacht races in August.

Hotels: The Belgrave, Imperial, Osborne, Victoria and

Albert, &c.

Torre-Anunziata.—Italy, Naples, on the rail from Naples to Salerno.
Bicarbonate of soda and effervescent acidulated waters,
85° F. Mild and healthy climate.

Season: All the year round, but principally June to

September.

Special indications: Feeble digestion, incipient hepatitis, hypochondriasis, hæmorrhoids, leucorrhœa and skin diseases.

Good bathing establishment. Daily concerts in summer on

the beach.

Torre del Grecco.-Italy, near Naples.

Natural gaseous baths.

The situation is very lonely, and the baths are consequently little used.

Torre de San Miguel.—Spain, province of Zaragoza.

Cold sulphurous waters.

Special indications: Nervous affections, pulmonary catarrh.

Torres. - Spain, province of Madrid, near Alcala de Henares.

Sulphurous magnesian waters, 45° F.

The establishment is fairly complete; the visitors lodge in the village; gardens, park and environs are charming.

Doctor: Dr. Jaime.

Torres-Vedras.-Portugal, near Lisbon.

Saline ferruginous waters, 150° F.

The bathing establishment affords only the most modest accommodation.

Torretta (La).—Italy, Tuscany, valley of the Nievole.

Saline waters.

The arrangements are very primitive.

Tortosa.—Spain, province of Taragona.

Ferruginous waters.

Not analysed yet, and there is neither establishment nor accommodation.

Totland Bay.-England, Isle of Wight, two miles from the Needles.

Sea baths; fine sandy beach. Climate bracing and healthy. Season: June to September.

The place is rapidly coming into fashion and favour. Golf links.

Hotel: The Totland Bay Hotel.

Toulon.-France, on the Mediterraneau.

Sea baths, sandy beach.

Very good arrangements; somewhat neglected latterly.

British Vice-Consul: Louis J. B. V. Jouve, Esq.

Doctor: Dr. Lota (English).

Towyn.-Wales, Merionethshire.

Sea baths; hard sandy beach. Climate mild and bracing. Hotel: The Cambrian.

Traishorloff.-Germany, Hessen-Nassau, near Hungen.

Saline waters.

The establishments are old-fashioned.

The situation is charming.

Tramore.—Ireland, Waterford, on the Atlantic coast. Sea baths.

Trani.-Italy, 151 hours rail from Bologna, on the Adriatic.

Sea baths; good beach.

The establishments are indifferent.

Travemunde.-Germany, State of Lübeck, on the Baltic.

Sea baths; sandy beach. Hot sand baths.

The establishment and accommodation are good. Very fashionable. A very extensive and beautiful park.

Doctors: Drs. Paeprer and Zippel.

Trébas.-France, Department of Tarn, near Albi.

Bicarbonate of iron waters, 66° F.; three springs.

Special indications: Liver complaints, stomachic disorders, chlorosis.

There is an establishment.

Tremblade (La).—France, Department of Charente Inférieure, on the Bay of Biscay.

Sea baths; a very fine sandy beach.

Trenczin-Teplitz.-Hungary, near Schemnitz and Pressburg.

Bicarbonate of lime and sulphurous waters, 100° to 110° F.

Mud baths; climatic station, whey cure.

One of the principal Hungarian establishments.

Special indications: Rheumatism, skin diseases, affections of the respiratory organs.

Doctors: Drs. J. N. von Heinrich, Nagel and Ventura.

Hotels: Establishments.

Treport (Le).—France, Department of Seine Inférieure, near Dieppe. Sea baths; sandy and shingly beach.

Very picturesque scenery.

Season: July to September.

Doctor : Dr. Lemaire.

Trescorre.—Italy, near Bergamo.

Saline sulphurous waters, 55° F.; mud baths.

The establishments are inferior. The site is pretty.

Triberg.—Germany, Baden, in the Black Forest; railway station on the Baden line of the Black Forest; 2,500 inhabitants, and 1,957 feet above the sea level.

Climatic station; whey and milk cure.

Season: May till October.

Triberg is mostly visited on account of its beautiful surroundings and as a centre for excursions. The small town contains many manufactories, and during the season there is a permanent exhibition in the upper town of "articles de souvenir." The air is particularly mild and bracing, owing to the pine forests on the surrounding hills.

Doctors: Drs. Tannert and Baerkle.

Hotels: Black Forest, Wehrle, Belle Vue, &c.

Triente (or Trent).—Austria, South Tyrot.

Health resort, beautifully situated—a convenient centre for the Dolomites.

Hotel: Grand Hotel Trento.

Trieste.—Austria, Istria, on the Adriatic, the most important Austrian seaport.

Sea baths, fine sandy beach. The mean temperature of the

sea is 80° F. in June, July, and August.

The arrangements are good. The town contains many buildings and objects of interest. It is the centre of Austrian commerce, and has a naval dockyard. There is a disposition to make a winter station of Trieste, but all attempts to do so have failed so far. The "Bora" is the natural enemy. A splendid view is obtained by ascending the Optschina.

British Consul: J. G. Haggard, Esq. Vice-Consul: J. A. Nathan, Esq.

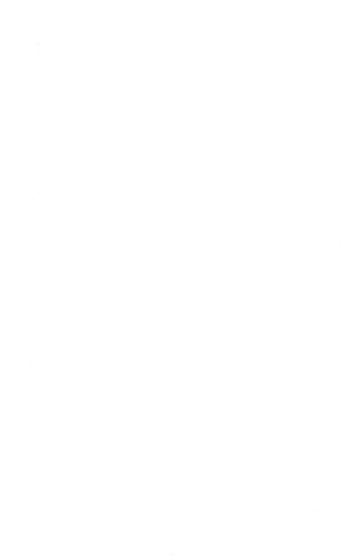
Bookseller: J. H. Schimpff, Piazza della Borsa.

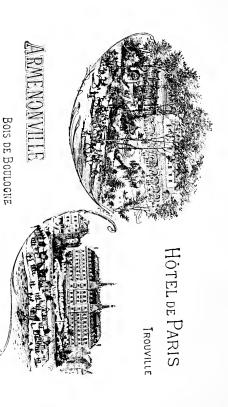
Hotel: The Hôtel de la Ville.

Trogen.—Switzerland, reached from St. Gall by diligence, one and a half hours.

Climatic health resort.

Doctor: Dr. Zellweger.





Trollière (La).—France, Department of Allier, near St. Pardoux.

Effervescing, ferruginous bicarbonate waters, containing more carbonic acid than the waters of St. Pardoux.

Troutbeck.—England, Yorkshire, Ilkley, near Leeds.

Hydropathie establishment.

Trouville-sur-Mer.—Department of Calvados, near Pont l'Evéque. From Southampton to Cherbourg (85 miles) in 12 hours by steamer and thence by rail in about 5½ hours; or to Harre (110 miles), crossing thence to Trouville by ferry steam boat (10 miles). Population 7,000.

Very fashionable and much-frequented sea baths; sandy

beach.

Season: June to September.

There is a Kurhaus. The establishment, and all appertaining to it, is of the best. Concerts, balls, races, and amusements of all kinds.

Near Trouville are Deauville, Cobourg, Houlgate, and other

bathing-places.

British Vice-Consul: A. G. B. Bax, Esq.

Doctors: Drs. Boulai, Legoupils and Leneven.

Hotel: Hôtel de Paris (see advt. at end).

Truskawice.—Austria, Galicia, district of Sambór.

Three cold springs of saline, ferruginous, and sulphate of lime waters; mud baths, whey cure.

Special indications: Arthritis, chlorosis, skin diseases.

Fairly arranged establishments. The accommodation is comfortable and the site picturesque.

Doctor: Dr. Rieger.

Tubingen.-Germany, Würtemberg.

Earthy alkaline waters.

The establishment is good. There is a university, which is one of the best in South Germany. The situation is very good, and the accommodation ample, comfortable, and moderate in price.

Doctors: Drs. Bruns and Oesterlen.

Tüffer.—Austria, Styria, station on the railway line from Vienna to Trieste.

Thermal in different springs, 100° F. Drinkhall. Climatic station.

Special indications: Nervous disorders, gout, rheumatism, tendinous retractions, articular pains, and female complaints.

The situation is amongst the finest in Styria.

Season: Open all the year round.

Doctors: Drs. von Schön-Perlashof and Schwab.

The Kaiser Franz Josef's baths is one of the best establishments of its kind in Austria.

Tunbridge Wells.-England, Kent. 420 feet above sea level.

Cold ferruginous bicarbonate waters, containing 4.508 grs. ferrous carbonate per gallon.

Climate bracing and healthy.

Soil: Sandy,

Season: June to September.

Special indications: Anemia, chlorosis, nervous debility, prostration, especially after acute illness; delicate children.

Excellent arrangements.

Hydropathic Establishment: "The Spa."

Hotels: Calverley, Castle, Molyneux Park, Royal Mount Ephraim, &c.

Tunis.—Africa; viá Marseilles thence by Cie. Genl. Transatlantique St., Monday and Friday.

The regency of Tunis has several thermal springs, which are

in great repute with the natives.

Doctors: Drs. Churcher (Eng.) and Kunitz (German).

Tür .- Austria-Hungary, Transylvania, near Blasendorf.

Bitter waters. Exported.

A difficult place to reach.

The town is situated in a plain, and owing to flooding of the rivers is sometimes inaccessible for weeks. Bathing arrangements old-fashioned.

Tuy. - See Caldas de Tuy.

Twer.-Russia, capital of the Government of the same name on the Tmak.

Ferruginous waters. Exported.

The arrangements are primitive, and the waters used only by the surrounding inhabitants.

Tynemouth.—England, Northumberland, at the month of the Tyne, on the North Sea.

Cold ferruginous waters and sea baths; fine sandy beach.

Climate very mild.

Season: June to September.

Hotel: The Bath.

Ueberlingen.—Germany, Baden, near Schaffhausen; 1,233 feet above the sea level, on the north-west shore of the Lake of Constance.

Effervescent ferruginous waters, bathing in the lake; mild climate.

Doctors: Drs. Lachmann and Wuertto.

Ugod .- Hungary, comitat of Vesprim, near Papa.

Earthy saline ferrnginous waters.

Special indications: Uterine affections and vesical disorders.

The establishment is antiquated; situation charming; accommodation indifferent.

Ullersdorff.—Austria, Moravia, district of Ollmütz, near Hohenstadt.

Alkaline sulphurous waters, 75° F. Whey cure and climatic station.

The situation is romantic, and the surrounding country very mountainous. The establishments and accommodation are good.

Ullswater.-England, Westmorland, in the Lake District.

Hydropathic establishment, and summer holiday resort.

Ulricehamn-Sweden; 20 miles from Boras; 1,312 feet.

Climatic air station.

Much frequented. Hydropathic treatment.

Doctor : Dr. Matell.

Unteraegeri.-Switzerland, Lake of Aegeri.

Climatic health resort.

Unterbad.—Switzerland, Canton of Appenzell, on the Sitter; 2,130 feet above sea level.

Earthy alkaline waters; whey cure.

The situation is pretty, but the establishment leaves room for improvement.

Unterhallau.—Switzerland, near Schaffhausen; 1,530 feet above sea level.

Sulphurous waters.

The bathing establishment is old-fashioned, and the accommodation not good.

Unterseen .- Switzerland, Canton Berne.

Whey cure station.

Unterwasser.—Switzerland, Appenzell; 2,745 feet above sea level. Health resort.

Urach,-Germany, Württemberg, near Metzingen.

Climatic air station; whey cure.

Very much frequented for its charming scenery and forti-

fying air. The place is surrounded by interminable forests.

Doctors: Drs. M. Camerer, Klüpfel and Motz.

Urberoaga de Alzola.—Spain, province of Guipuzcoa, near Plasenzis. Saline waters, 75° F.; also two ferruginous springs.

Special indications: Affections of the uterus and urinary organs, anæmia, chlorosis, spleen and liver complaints.

The establishment is complete, and contains in its newer portions assembly rooms, ball, concert and billiard rooms. The accommodation is good and moderate.

Doctor: Dr. de la Pedruesa.

Urberoaga de Ubilla.—Spain, Biscaya, near Villa de Marquina.

Sulphurous alkaline waters, 82° F. Sitz, steam, shower and spray baths. Inhalations.

Special indications: Catarrh and other affections of the mucous membranes, laryngitis, pharyngitis.

The establishment is elegant, and the accommodation comfortable and moderate in price. Scenery picturesque.

Doctor: Dr. Jimenez de Pedro.

Uriage (Grenoble).—France, Department of Isère, near Grenoble; 1,350 feet above sea level. From Paris in 13½ hours by P.L.M.Ry. to Grenoble. Uriage is connected with Grenoble (P.L.M. Station) by Electric train. Cars await arrival of all trains.

Saline sulphurous waters, 81° F. There is also a muriatic

ferruginous spring.

The former, the important water of the place, contains 7 grammes of chloride of sodium and 0.0113 grammes hydrosulphuric acid per litre. The waters likewise contain a considerable quantity of lime, soda and magnesia, with an appreciable percentage of arsenic.

Season: From 25th May till 15th October.

The thermal establishment, situated in one of the most picturesque valleys of the Dauphinese Alps, 400 m. above sea level, is one of the best in Europe, and can accommodate 2,000 bathers at a time; from 60,000 to 70,000 baths or douches are administered here annually. Taken to the amount of from three to six glasses per diem, the water acts as a purgative; in from one to two glasses it is alterative, and stimulates the digestive functions; used externally in baths, douches, &c., it acts as a tonic and reconstituent; in the form of spray it is frequently used with great success in chronic affections, especially those of the eyelids (blepharitis), of the pharynx (granular pharyngitis), and of the face (eczema, acne, &c.).

The special indications for the use of the waters are very numerous. They are employed with great success in scrofula and its various manifestations, especially in children; in chronic affections of the skin, notably eczema, impetigo, acne, &c.; in chronic rheumatism, in nervous affections, in convalescence after severe illnesses, long nursing, and in various pathological conditions resulting from anæmia and

various pathological conditions resulting from anaemia and debility. Their efficacy has also been undeniably established in a certain class of cases which are met with chiefly among young girls. With such it is often necessary to encourage or regulate the menstrual functions. At the period of the menopause in elderly persons they are also highly beneficial, especially in cases where derivative action is desirable in order to prevent cutaneous or other localisations of disease, which either the

family history or an acquired taint render probable. In cases

of incipient consumption they often arrest the progress of the disease, by modifying the whole system; also in constitutional syphilis, and especially in its tertiary and more inveterate forms, they constitute an active auxiliary to mercurial treatment.

The baths are situated in the midst of a large and magnificent Ample accommodation may be found in the hotels and

furnished villas.

The walks and excursions are numerous, and the scenery most picturesque. Concerts every day; balls every Thursday and Sunday. Theatre; Casino.
Post and Telegraph. Telephone. English Church. Carriages, horses

and mules for excursions.

Doctors: Drs. Doyon (medical inspector of the baths), Teulon-Valio, Maritoux, Jourdanet, Teulon-Valio fils, Chatin, Swedish massage and medical gymnastics, M. de Berner.

Hotels: Hotels, Villas and Apartments, are all under the

supervision of the Bath Committee.

Information from the Director of the Establishment free of charge.

Urnäschen.-Switzerland, Canton of Appenzell; 2,514 feet above sea level.

Alkaline earthy waters; whey cure.

The site is romantic and the establishment fairly good.

Ussat. - France, Department of Ariège, near Foix; 1,400 feet above sea

Saime and sulphurous waters, 80° to 100° F.

Special indications: Affections of the uterus, with a neuropathic tendency; neuroses.

The scenery is mountainous, the establishment very good, and the accommodation abundant and comfortable.

Ustrow.—Austria, Silesia, near Teschen.

Hydropathic and whey care station.

The establishment is thorough, and the accommodation comfortable.

Uszok.—Austria-Hungary, comitat of Ung, on the frontier of Ung.

Ferruginous waters.

A small but well-arranged establishment.

Vacia-Madrid.—Spain, near Madrid, on the borders of the Jarama. Purgative waters.

There are no arrangements for using the waters.

Vaisse.-France, Department of Allier, near the thermal establishment of Vichy.

Composition of the waters similar to that of Vichy; they are

more effervescing.

Val-André (Le).—France, Department of Cotes-du-Nord, viá Lamballe. Sea baths; sandy beach.

Valdeganga.-Spain, province of Cuenca, and near that town.

Effervescent ferruginous waters, 60° F.

Special indications: Anæmia, chlorosis, dyspepsia, intestinal obstructions, hyperæmia of liver.

The establishment is bad, everything being in a backward

condition.

Doctor: Dr. Yebenes.

Valdieri.—Italy, Piedmont, province of Cuneo; nearest station, Cuneo; 4,500 feet above sea level. Pop. 2,000.

Several thermal sulphate of soda, also iron and magnesia

springs, 180° F.

Special indications: Skin diseases, rheumatism, old sores, ulcers.

The establishment is complete, the site mountainous, but the climate is dry with little variation (16° to 20° C.). Accommodation good and moderate in price.

Doctor: Dr. Alippo Rondelli. Hotel: Grand Hotel de Valdicri.

Vale-Szkragye.—Austria-Hungary, comitat of Mármaros, near Felső, Visső.

Sulphurous ferruginons waters; alum waters.

This place would amply repay more attention; at present the water is only used in the immediate neighbourhood.

Valencia.—Spain, capital of province of the same name, on the Guadalaviar, about one mile from the Mediterranean.

Winter station and sea baths. The beach is sandy.

As a sea bathing station Valencia is one of the most important in Spain.

As a winter station, owing to the marshes in the vicinity, it is less frequented than its climate merits. Opinions vary, however, considerably as to this. The sky is almost always clear, the rainy days amounting to only 38 in the year. The mean winter temperature is 57° F., and never falls below freezing point. There is a heavy dewfall in the evening; snow is extremely rare. Relative humidity of the air, 66%. The drinking water contains a good deal of lime, as on the Riviera. The autumn months is the season for sea baths. Drainage bad, being aided by the river.

British Vice-Consul: A. F. Ivens, Esq.

Doctor: Dr. Serrano.

Hotels: d'España, De la Ciudad de Madrid, Ingles, Paris, &c.

Vals.—France, Ardèche, near Aubenas; altitude, 775 feet above sea level; from Paris by P.L.M.R. to Vals des Bain, about 14 hours.

Various cold alkaline springs, which may be classed as weak, medium, and strong, according to the amount of mineralisation, 55° to 60° F.

Principally used as table waters.

The exportation of Vals water reaches several million bottles annually.

Season: 15th May to 15th September.

 $Special\ indications:$ Gravel, liver complaints, and disorders of the spleen.

Doctors: Drs. Chabannes, Lagarde, Ollier, and Gancherand.

Vals.—Switzerland, Grisons, near Peiden; 4,100 feet above sea level. Ferruginous waters, 70° F.; very little used.

Varberg.-Sweden, two hours south of Gothenburg.

Sea baths.

Much-frequented health resort, with exceedingly well-served mud baths. Cheap living.

Doctors: Drs. Westermark, Carlson, &c.

Varennes.—France, Department of Maine and Loire, near Angers.
Ferruginous arsenical waters.

Varese.-Italy, ten miles from Como.

Health resort; a good intermediate station between the Riviera and Switzerland, and therefore an early spring and also autumn resort.

Doctor: Dr. Freeman.

A good hotel is the Grand Hotel Varese.

Vaxholm.-Sweden, near Stockholm.

Sea baths, with sandy beach.

A favourite resort with the inhabitants of Stockholm.

Veldes.—Austria, Carinthia. Station, Lees Veldes; 1,560 feet above sea level.

Climatic station; hydropathic establishment, with whey cure.

The establishment is new, and thoroughly well fitted up.

The cure consists chiefly in the influence of sun and air on the skin, the whole body being uncovered during the time the patient is undergoing treatment; patients walk in the park as lightly clad as in a Turkish bath. The site is charming and quiet; the air pure and healthy. Good fishing and hunting.

Doctors: Drs. Germonik and Rütli.

Hotel: Mallner's.

Velejte.—Austria-Hungary, comitat of Zemplén.

Alkali saline waters.

A bathing establishment with large parks.

Vellebro (Acqua di).—Italy, province of Bari; stop at Fasano, between Foggia and Brindisi.

Earthy alkaline waters.

Special indications: Constipation, hepatic complaints, vesical calculus and gravel.

Primitive establishments, with inadequate accommodation.

Velleminfroy.—France, Department of Haute Saône, near Vesoul, station of Creveney.

Cold sulphate of lime and magnesian waters; two grammes of mineralisation.

Special indications: Affections of the nterns and bladder.

Venafro.—Italy, province of Naples, near Teano, on the Volturno.
Saline waters. Exported. Used only in the locality as drinking waters. The arrangements are very imperfect.

Venice.—Italy. A seaport on the Adriatic; viâ Paris and Turin 36½ hours, and from London viâ Calais, Basle and Milan in 30½ hours.

Sea baths and winter station. Sedative climate. Water strongly impregnated with iodine. Hydropathic establishments with all modern appliances. Milk, grape and peach cures.

This renowned city has, without losing its very peculiar characteristics, been considerably modernized during late years; its sanitary and educational arrangements are now

equal to its unsurpassed artistic endowments.

As possessing the chief treasures left by her immortal sons Titian, Tintoretto, Giorgione, and by many other great painters and glorions colourists of her school, Venice had long been visited chiefly by lovers and students of Art, and by those whose curiosity led them to explore the city where Byron "saw from out the waves the walls arise," where canals occupy the place of streets, and where the noiseless, swift-gliding gondola substitutes the rattling cabs and rumbling carriages of our thoroughfares.

But now the "peerless Queen of the Adriatic" possesses additional attractions. The long island, or Lido, which defends lagoon and city from the sea, and which—not many years since—was little more than a vast desert, has, under the impulse of modern requirements, become totally transformed. The two fine sandy beaches—one for men, the other for women and children—are now lined with comfortable thatched huts; a most commodious bathing establishment with complete hydropathic-electropathic annexe, a covered terrace raised on piles in the sea, with vast concert hall, dining rooms and café attached, two palatial hotels and six châlets, a theatre, open-air restaurants, a riding school, a vélodrome and rifle ranges have arisen as if by magic, together with villas

surrounded by lovely gardens, vineyards and orchards, where not only English fruits but also grapes, melons, figs, lemons, citrons, almonds and peaches, may be gathered in perfection and abundance, and where fruit and milk cures are consequently carried on with the greatest enjoyment and most efficacious results. The abundant supply of purest water, conveyed by aqueduct from springs in the Alpine spurs beyond Treviso, electric light and perfect cleanliness and sanitary arrangements everywhere, and continual communication with the city by means of rapid steamboats, all unite in rendering this modern part of Venice a most healthful and delightful summer and antumn seaside resort.

Amusements: Fine theatres, vachting, rowing, fencing,

cycling and lawn tennis clubs.

English, Scotch Presbyterian and Valdesian Churches.

British Consul: E. de Zuccato, Esq.

Bankers and Exchange Agents: T. Cook & Son.

Forwarding Agents: H. Johnson & Sons, 317, Piazzetta Leoneini.

Doctors: E. Van Sommeren, Magno, E. Dian, Guido Vivante, A. Levi, and others.

Hotels: Royal, Grand, Luna, Britannia, Italia, Europa, Grand Hôtel des Bains, Hotel Lido (see advt. at end).

Ventnor.-England, Isle of Wight.

Sea baths; sandy and pebbly beach; climate mild and steady.

Very fashionable.

Seasons: June to September, and November to February. Hotels: Queen's, Royal, Marine, and good boarding-houses.

Vernavaz.-Switzerland, Valais, near the Gorges du Trient; 1,530 feet above sea level.

Climatic health resort.

Hotels: Gorges du Trient and de Vernayaz.

Vernet (Le).—See VERNET-LES-BAINS.

Vernet-les-Bains,-France, l'yrénées Orientales, 2,120 feet above sea level, 15 minutes distant by carriage from the railway station Villefranche

de Conflent; 20 hours from Paris.

Sulphurous, sodic waters, St. Sauveur 50°, Valporarium 57° Eaux Bonnes 52°, Du Parc 68°, de la Remise 55°, Elisa 33°, Comtesse 8°, Ursule 29°, Adelaide 28°, de la Sauté 31°, Chemin de Casteil 26°. All these waters hold from 0.049 to 0.0121 of sulphate of soda.

The Grand Establishment is open the whole year round.

Seasons: Summer, 1st of May to 1st of October; winter, 1st of October to 1st of May.

Special indications: Anamia, chlorosis, chest complaints, rheumatism, scrofnla, gout, old wounds, and especially female diseases.

Excursions: Ascension of the Canigoed, the Ruins of St. Martin, Fountain des Esquerres, the Iron Mines of Ria de Sahorre, &c.

Guides and horses at moderate charges. Railway excur-

sions in La Cerdagne.

Hotels; Hôtel du Portugal, Du Parc, Ibrahim-Pacha, de la

Préfecture et des Commandants.

Furnished villas in the park from 100 francs monthly. Confidential servants provided by the establishments. Religious service every day.

Post and Telegraph at the post office of the Park.

Doctors: Drs. Massina, Giresse and Damezan.

Vernex.—Switzerland, adjoining Montreux (which see).

Vescovo (Bagno del).-Italy, near Grosseto, Val d'Ombrone.

Bitter waters, slightly mineralised, 70° F.

There is a small and incomplete establishment.

Vetan.—Switzerland, Engadine, near Schüls; 5,000 feet above the sea level.

Climatic mountain air station, whey and milk cure. Doctor: Dr. Killias, from Tarasp.

Vetzel.—Austria-Hungary, Transylvania, Valley of Kalamar. Alkaline waters, 50° F.

There are no arrangements to accommodate visitors.

Veulettes .- France, near Dieppe.

Sea baths; sandy beach. Air bracing.

Season: July to October. Residence here is quiet.

Vevey.—Switzerland, Canton Vaud, on the Lake Leman; altitude, 1,550 feet above sea level.

Air cure station, grape and whey cure.

A small town close to Montreux, to which place there is a transway. It possesses a casine, with the usual attractions, and a theatre.

English Church.

Bookseller: Schlesinger.

Doctors: Drs. Muret, and Turin.

Hotels: Grand Hôtel de Vevey, Trois Couronnes, d'Angleterre, &c.

Veytaux.—Switzerland, on the north-east shore of Lake Leman, near Montreux; 1,400 feet above the level of the sea.

Climatic station; chiefly visited as a station of call.

Season: Spring and autumn.

Hotels: des Palmiers, Pension Mason.

Viareggio.—Italy, between Spezia and Leghorn.

Sea baths; sandy beach; climate very mild.

Season: August to October.

Coming into favour as a winter station, though rather foggy.

Doctor : Dr. Hirschl.

Hotels: de la Grande Bretagne, New York and Anglo-American.

Vicarello.—Italy, near Rome.

Alkali-saline waters, 112° F.

These waters are snpposed to be the Apollinaris waters of the ancient Romans. Arrangements poor, and very much neglected.

Vicarsbridge.-Scotland, near Dollar, Clackmannanshire.

Sulphate of iron waters.

Some of the richest iron waters known.

Viehy.—France, Department of Allier. 733 feet above sea level. From Paris by P. L. M. Ry. to St. Germains des Fosses in about 7 hours.

Several bicarbonate of soda alkaline springs, ranging from 35° to 105° F.

Season: 15th May to 30th September.

Three of the springs are ferruginous. Vichy may be taken as the type of alkaline waters generally. Any disease due to excess of acidity is benefited by waters such as those of Vichy.

These waters can be obtained from Messrs. Ingram & Royle, Ltd., 26, Upper Thames Street, London, and at Liverpool and Bristol, sole agents in England.

Special indications: Dyspepsia, splenic and hepatic disorders, uric acid diathesis, catarrh of the urinary organs, diabetes.

Vichy has been well called "the Queen of thermal wateringplaces"; it is visited by as many as 40,000 persons yearly.

Booksetler : Vve. César, Passage du Casino.

Doctors: Drs. Durand-Fardel, Jardet, Willemin, Nicolas, Beaudonnet, Cahen, Berthomier, Brulard, Deléage, Desmarous and C. Cormack (English).

Hotels: Nouvel, des Ambassadeurs, Mombrun, du Parc, Grande

Bretagne.

Vidago.-Portugal, near Oporto.

Alkali-saline and ferruginous waters, like those of Vichy

Season: September to November.

The establishments and arrangements generally are modern, and provided with all the latest and most scientific improvements. Trout fishing can be had. The situation is picturesque, and residence pleasant.

Vignone.—Italy, Tuscany, Siena, near San Quirico.

Ferruginous alkaline waters, 100° F. Natural steam baths. The establishments are good, as is also the accommodation. Vegetation luxurious, and situation charming.

Vihnye.—Austria-Hungary, near Schemuitz.

Earthy, ferruginous effervescent waters, 100° F. Climatic

station in summer. Very mild climate.

The establishment might easily be improved. Accommodation indifferent. The situation is fine and well sheltered. Vegetation luxurions. An extensive park has recently been half ont.

Doctor: Dr. Boleman.

Villa d'Este.-Italy, Lake of Como, near Cernobbio.

Hydropathic establishments; arranged to admit a limited number of indoor patients.

Villars.—Switzerland, above the Lake of Geneva; 3,830 feet above the sea level.

Health resort.

Doctor: Dr. Wisard.

Hotel: Hotel du Grand Muveron.

Villefranche.—France, Department of Aveyron.
Alkaline waters, 27° F.

Villefranche.—France, Department of Alpes Maritimes, near Nice. Sea baths and winter station; little frequented, but in a very sheltered position.

The temperature is in the mean 5° higher in winter than

at Nice and Cannes.

Villeneuve.—Switzerland, Canton Vaud, on the Lake of Geneva, seven miles from Vevey.

Climatic station.

The most convenient starting-point for excursions on the Lake of Geneva.

Season: All the year round.

English Church: Service at the Hôtel Byron.

Hotel: The Hôtel Byron.

Villers-sur-Mer.—France, Calvados, near Trouville. Sea baths; fine sandy beach. Climate bracing. Season: May to September.

Villerville.—France, Calvados, near Deauville.

Sea baths; fine sandy beach. Climate bracing.

Season: May to September.

The scenery is picturesque, and Villerville is rising rapidly in public favour.

Vilsbiburg.—Germany, Bavaria.

Bicarbonate of lime waters. There is a small bathing establishment with good accommodation.

Vinadio.-Italy, Piedmont, near Coni.

Saline and sulphurous waters, 73° to 145° F. Diuretic and purgative action. In baths they are very invigorating and tonic.

Special indications: Rheumatism and vesical disorders.

A good establishment. The accommodation is comfortable, the society very select.

Vinca.-France, Department of Pyrénées Orientales, on the railway from Perpignan to Prades.

Saline sulphurous waters, 55° F.

Special indications: Rheumatism and skin diseases.

The establishment is good, and the situation picturesque.

Visby.—Sweden, on the Isle of Gottland.

Sea baths.

Climatic health resort, with mildly bracing climate. Good bathing establishment. Interesting tourists' resort on account of the mediæval character of the town, with beautiful church ruins. Excellent promenades, and almost sonthern vegetation. Doctor: Dr. Kallenberg.

Visibachbad.—Switzerland, between Schaffhausen and Baden.

Inert waters, 45° F.

The site is fine. There is a small establishment.

Visk,-Hungary, comitat of Marmarós, near Tecsö.

Ferruginous bicarbonate of soda waters. Special indications: Gravel, dyspepsia.

The site is romantic—on the slope of a hill in the Theiss valley-and the establishment excellent. Much frequented.

Vittel.—France, Department of Vosges; reached from Paris in six hours,
 London in 18 hours. 1,600 inhabitants; 340 metres above sea level.
 Two springs, 52° F.

Grand Spring, for gravel, gout, rhenmatic gout, vesical catarrh, diabetes, affections of the uterus, dyspepsia, hemorrhoids, and diseases of the urinary organs.

Salt Spring, for obstinate constipation, diseases of the liver, congestion, hepatic colic, congestion of spleen, kidneys, &c.

This spring, possessing no distinctive flavour, is the only laxative mineral water which, taken together with wine at mealtimes, cures cases of constipation of the most stubborn kind. The waters of the two springs are exported in large quantities all over the world.

Season: From 25th May to 25th September

Post and telegraph office in one of the pavilions by the springs, splendid casino, theatre, pigeon shooting, also other sports.

Hydropathic treatment and massage.

The establishment is situated on high ground, overlooking the valley, at some distance from the town, and in the midst of lovely scenery.

Doctors: Drs. Patezon, Bouloumié, and Constant.

These waters can be obtained of Messrs. Ingram & Royle, Ltd., 26, Upper Thames Street, London, and at Liverpool and Bristol.

Grand Hotel in the park of the establishment, communicating with the casino, and adjoining the springs, owned and managed by the "Société des Eaux." Fine building, with every comfort; English spoken.

Vitznau.—Switzerland, Lucerne; steamboats from Lucerne.

Climatic air station.

Hotel: Vitznau Hof.

Doctor: Dr. Rappaz.

Vizella.—Portugal, province of Minho, five miles from Guimaraes.

Chalybeate and sulphurous waters, 110° F.

Season: June to September.

Special indications: Skin diseases, gout, scrofula, rheumatism, old sores.

The establishment is situated in an extensive park, and is well arranged, and the town is held in much favour. The scenery is grand.

Vöslau.—Austria, province of Lower Austria, one hour from Vienna by rail. 800 feet above sea level.

Indifferent waters 75° F.; cold and warm baths; whey and grape cure; climatic station; hydropathic establishment.

Season: 15th May to 30th September; grape cure, September and October.

Special indications: Female affections; hysteria, nervous complaints, anæmia, disorders of the lower intestines, convalescence after prolonged illness.

The annual list of strangers shews over 4,000 visitors.

Vöslau is a very favourite spot with the Viennese (who are not included in the above number), on account of its remarkably pure and healthy air, and charming situation on the vine-clad slopes of the Vienna forest. The waters of its springs belong to the class of "Acrato Thermæ."

The bathing appliances consist of three large swimming baths, with douches and shower baths, open alternately to ladies and gentlemen. Warm and tepid waters are supplied in wooden and deep earthenware baths. Brine, resinous and

extract of pine-cone baths are likewise to be had.

The characteristics of Vöslau as a "climatic station" are a charming, healthy and picturesque situation on the well-drained borders of the "Viennese Forest," extensive pine woods by which the town is surrounded, and last, but not least, vine-clad hills. From these latter comes its celebrated grape cure in autumn.

The Curhaus contains large concert rooms, billiard, card and reading rooms; balls and private theatricals are also given. The orchestra plays three times daily—in the morning at the baths, and in the after-

noon and evening in front of the Curhans.

The environs of Vöslan are noted for their attractive walks and drives. The forest begins, so to speak, in the very town, and is intersected by innumerable walks, roads and paths. In fact everything is arranged in such a way as to make a sojourn here as pleasant as possible. The constant return of visitors who have once passed a season here, is the best evidence that the authorities have succeeded in their endeavours to please.

Villas and private apartments to suit all tastes and purses.

Doctors: Drs. Venninger and Krischke.

Hotels: Hôtel Hallmayer, Back, Comunal and Tägerhorn.

Wachenheim.-Germany, Palatinate, near Durkheim.

Grape cure station.

The accommodation is good and moderate in price.

Doctors: Drs. Schmidt and Lange.

Wäggithal.—Switzerland; station at Sieben; 2,000 feet above sea level. Health resort.

Waid.—Switzerland, St. Gall.

Climatic health resort.

Doctor : Dr. Dock.

Waidhaldenbad.—Switzerland, near Basle and Rheinfelden; 1,340 feet above sea level.

Whey cure station.

The accommodation is good.

Waldbad.—Germany, Würtemberg, near Kloster Weingarten.

Inert waters.

There is a small bathing establishment.

Waldhaus-Flims.-Switzerland.

Health resort.

Doctor: Dr. Boner-Malans.

Waldstadt.—Switzerland, near Appenzell; 2,410 feet above sea level. Earthy ferruginous waters.

The bathing establishment is built of wood, but affords good accommodation.

Wallenstadt.—Switzerland, St. Gall.

Small health resort.

Doctors: Drs. Ramer and Blumer.

Walton-on-the-Naze.-England, Essex, near Harwich.

Sea baths, good beach; climate bracing and healthy.

Hotel: The Albion.

Hotel: The Atolon.

Walzenhausen.-Switzerland, Appenzell.

Health resort.

Doctor: Dr. Hoechner.

Wangeroog.—Germany, Oldenburg, an island in the North Sea. Sea baths, sandy beach; climate bracing and healthy. *Doctors:* Drs. Nagel and Pritzel.

Warasdin-Töplitz (Kroatic-Toplitz).—See Töplika.

Warmbad.—Germany, Saxony, near Wolkenstein; 1,500 feet above the sea level.

Indifferent waters, 85° F., and climatic air station; whey cure. The place is surrounded by pine and fir forests.

Doctor: Dr. Kay.

Warmbrunn.—Germany, Silesia, near Hirschberg; 1,034 feet above sea level.

Indifferent, slightly sulphurous waters, 90° to 100° F.

Special indications: Rheumatism, paralysis, and affections

of the respiratory organs.

One of the oldest of Silesian bathing-places. The scenery is very picturesque, and the gardens, parks, &c., are scrupulously kept.

Establishments efficient and accommodation comfortable.

Doctors: Drs. Hoffmann and Lange. Hotels: De Prusse, Thomas, Victoria.

Warm Springs.—United States of America, Arkansas.
Thermal springs, used against rheumatism by the Indians.

Warm Springs.—United States of America, Georgia. Thermal waters, 80° F.

A well-frequented station.

Warm Springs.—United States of America, Virginia Bath Co.
Thermal effervescent alkaline waters containing magnesia
and chloride of lime.

A very well-appointed establishment, and much frequented.

Warnemünde.—Germany, Mecklenburg-Schwerin, near Rostock, on the Baltic sea coast.

Sea baths. Visitors, about 12,000; a first-class station.

The establishments and accommodation are excellent and very comfortable.

Doctors: Drs. Mahn, Schmidtz and Paulsen.

Hotels: Berringer, Stralendorf, Hübner and Scholz.

Warnicken.-Germany, Prussia, on the Baltic.

Sea baths, fine sandy beach.

The situation is very fine, and the country around picturesque and romantic, with luxuriant vegetation.

Warrenpoint.—Ireland, county Down, close to Rostrevor (which see). Sea baths, pebbly beach; pure and healthy air.

Season: June to September.

Hotel: The Crown.

Wartenberg.-Austria, Bohemia, near Königsgrätz.

Hydropathic establishments, climatic station in summer.

The country around is very charming.

The establishments, walks, gardens and parks are well kept, and residence is very pleasant.

Doctor: Dr. Plachetsky.

Wassacherberg.—Germany, Württemberg; 1,700 feet above sea level. Effervescent ferruginous waters.

The establishment is thoroughly well fitted up.

Watchet.-England, Somersetshire.

Sea baths; bad beach; climate pure and bracing.

Season: June to September.

Wattenweiller.-Germany, Alsatia, near Belfort.

Bicarbonate of iron waters. Mud baths. Special indications: Chlorosis and anæmia.

Wattwyl.—Switzerland, Canton of St. Gall.

A whey cure station.

There is a drink-hall, with a variety of natural mineral waters, which can be mixed with the milk.

Weesen .- Switzerland, on the line from Zurich to Coire.

Climatic air station.

Near here are Amden, Murg, Wallendstadt, and Weislannen, where various cures, such as grape, milk, whey, &c., are carried out.

Doctors: Drs. Fulliman and Schneider.

Weggis.—Switzerland, Lake of Lucerne; 1,350 feet above sea level; 1,500 inhabitants.

Climatic station; whey cure.

The situation is picturesque and sheltered, on the south bank of Lake of IV. Cantons between Lucerne and Vitznau; it is a good point of departure for excursions. Exceedingly quiet.

Near Weggis is Lützetan.

Doctors: Drs. Goerig and Scholingen.

Hotel: The Hôtel and Pension du Lac.

Weilbach.—Germany, Nassau. Altitude, 440 feet. Sulphurous alkaline iodurated waters.

Season: 1st May to 1st October.

Special indications: Catarrh of the respiratory organs.

A well-appointed bathing establishment.

Doctor : Dr. Stern.

Hotel: Kurhaus, and Dependencies.

Weinheim.-Germany, Baden, near Heidelberg.

Climatic air station ,hydropathy and grape cure.

Doctors: Drs. Karillon and Ruderhauser.

Weissbad.-Switzerland, Canton of Appenzell; station, Appenzell; 2.524 feet above sea level.

Cold bicarbonate of lime waters.

Whey cure; good arrangements: fine situation.

Near Weissbad is Schwendi, a climatic air station.

Season: June to September.

Doctor: Dr. Zurcher.

Weissenburg.—Switzerland, Canton of Berne, near Thun. Alkali-saline waters, 84° F. Sedative action.

Special indications; Pulmonary catarrh, chronic bronchitis. The bathing establishment and the accommodation are good.

Doctors: Drs. Huguenin and Enderlin.

Weissenstein .- Switzerland, near Solothurn, in the Jura mountains; 3,950 feet above sea level.

Whey cure, fine situation, in a picturesque country.

In the neighbourhood are Balmberg, Bains de Fluelen and Mariastein-all health resorts.

Doctor : Dr. Bott.

Weisser-Hirsch.-Germany, Saxony, near Dresden, and above Loschwitz. Climatic air station and hydropathic establishment.

Turkish and Russian baths; whey and milk cure.

Very fine walks and drives in the environs.

Doctors: Drs. Lahmann and Norck.

Wells-next-the-Sea.—England, Norfolk.

Sea baths, good sandy beach.

Season: June to September. Hotel: The Crown.

Wemyss-Bay, and Skelmorlie.-Scotland, Renfrewshire; latter in Ayrshire.

Hydropathic establishment. Sea baths, good beach.

Climate healthy and air pure.

Season: July to September.

Wengibad.-Switzerland, Zurich, near Affoltern.

Carbonate of lime waters.

Doctor: Dr. Hegetschweiller.

Wenzelsbad.--Austria, Bohemia, near Tschawitz and Komotau.

Alkali-saline waters, 65° F.

The bathing establishment is good, though small.

Wernigerode.—Germany, Prussia, in the Harz mountains inhabitants, and 800 feet above sea level.

Climatic air station.

Doctors: Drs. Hannes and Heike

Westerland-Sylt .- Germany, on the west coast of Schleswig.

Sea baths; sandy beach with heavy surf.

The establishments are good, accommodation is comfortable and moderate in price.

Doctors: Drs. Martini and Wegele.

Westgate-on-Sea.-England, Kent, adjoining Margate (which see).

Sea baths; firm sandy beach; bracing air.

Season: June to September.

Hotels: Westcliff, St. Mildred's, &c., &c.

Weston-super-Mare.—England, Somersetshire, near Bristol.

Sea baths; fine beach; pure and bracing air.

Season: May to October; but principally July to September, Hotels: Grand, Atlantic.

Westward Ho .- England, Devonshire, near Northam Burrows.

Sea baths; sandy beach. Climate bracing, and air pure.

Season: June to September.

Hotel: The Westward Ho!

Weymouth.-England, on the Channel coast, near Portland.

Sea baths, firm sandy beach, with mineral water springs in the neighbourhood. The headquarters of Royal Dorset Yacht Club.

Hotels: Burden and Royal.

Whitburn.—England, Durham, near Sunderland.

Sea baths; in the environs are several mineral springs; sandy beach; bracing climate.

Whitby.-England, Yorkshire.

Sea baths; level sandy beach; climate bracing.

Season: June to September.

White Sulphur Springs.—United States, Delaware. Sulphurous and ferruginous waters.

White Sulphur Springs.—United States, Virginia, Grembrier Co. Sulphurous waters.

A much-frequented station.

Resorted to by invalids, but not to the same extent as by pleasure-seekers.

Wieliczka.-Austria, Galicia, near Cracow.

Saline waters, 139 grammes of mineralisation, of which 13? grammes are chloride of sodium; brine baths.

Special indications: Scrofula.

The establishment is thoroughly well fitted up.

Wiesau.-Germany, Bavaria.

Two effervescing ferruginous springs, analogous to the Pyrmont waters.

Doctor : Dr. Bauwers.

Wiesbaden.—Germany, Hessen-Nassau, capital of district of same name. 70,000 inhabitants; 380 feet above sea level. From London vid Ostend and Cologne in 17½ hours.

Alkaline-saline waters, 144° F.

Special indications: Gout, eatarrh of the stomach and intestines, rheumatism, arthritis, neuralgia, sciatica, and diseases of the respiratory organs.

Number of visitors about 100,000 annually.

The waters of Wiesbaden are spoken of by Pliny, to whom their virtues were known. There are several springs-the Kochbrumen, Adlerquelle, the Schutzenquelle, &c. In 1,000 parts weight the former contains seven parts chloride of sodium, and appreciable quantities of the chloride of potash, lithium and calcium, bromide and iodide of sodium, and the carbonates of lime and magnesia. The latter contains fewer solid ingredients, sulphate of lime and chloride of lithium excepted. The city is sheltered by the Northern and Western heights of the Taunus range; its climate favourably compares with other continental cities. The drainage of the town is made a special feature, and costs the inhabitants £10,000 a year. It is a favourite place of residence for retired officers, merchants. &c.. who reside in well-built detached villas. There are no manufactories nor smoky chimneys in Wiesbaden. There are various bathing establishments, in which may be found 900 baths. consisting of pine cone, mud, steam, swimming, mineral, electric, &c., of all descriptions, and hydropathic institutes are organized for the poor, and for invalid and wounded soldiers. Three hundred gallons of hot mineral water flow into the town every minute; the treatment is carried on during the whole year; the winter is unusually mild. The Kochbrunnen spring is located in a pump-room in a well-kept garden, where splendid band plays every morning at eight o'clock, the fashionable time for taking the waters. There are four celebrated hydropathic establishments in the vicinitythe Augusta-Victoria-Bad, Dietenmuhle, the Nerothal, the Lindenhof, and Dr. Gierlich's Kuranstalt; in them various varieties of treatment are practised. The Augusta-Victoria-Bad is a most complete bathing establishment, and contains Turkish, Russian, all kinds of medicated baths, two excellent swimming baths, and a perfect Zander institute (for medical gymnastics). The grape cure is also practised. The town is beautifully laid out, and kept serupulously clean; there are some magnificent trees in the centre of the town, and a wellkept "Rotten Row" under a splendid avenue of regularly planted trees. The pavements are asphalte, and by using the Wellsbach light for street illumination the streets are usually well lighted, and only a small quantity of gas consumed. There are covered promenades for those wishing to exercise in wet



CURGARTEN, WIESBADEN.



weather. The subscription for one year is 30 marks, with a reduction for supplementary tickets. Foreign physicians obtain free tickets. These tickets confer many privileges on those purchasing them. The Kursaal is open all the year round. The Kursaal band numbers 50 performers, and is conducted by a musician of eminence. There are three theatres, also museums, picture galleries, and art collections. Concerts, in which leading artistes perform, are frequently held. One hundred thousand visitors come to Wiesbaden annually. Hunting, shooting and fishing can be had in the suburban districts. There are football, tennis, and croquet grounds open to visitors. Schwalbach and Schlangenbad are both within walking distance. There are churches of many denominations. The Kursaal is one of the finest in Europe, the gardens are beautifully laid out and kept. There are boats on the lake, frequent concerts, balls, firework displays, &c., during the summer season. House rent is cheap at Wiesbaden, and those wishful to live en pension can do so at a moderate rate. The population is above 70,000, and increases every year. Visitors intending to visit Wiesbaden should apply to the Kur Direktor, Major Von Ebmeyer, for the official guide to Wiesbaden.

English Church: Frankfurterstrasse.

Post and Telegraph Office: Rheinstrasse No. 9.

Booksellers: J. F. Bergmann, Moritz and Münzel.

Dentist: Dr. Hofmann, Nerothal 4.

Doctors: Drs. Ricker, Wibel, E. Pfeiffer, Ziemssen, Pagonstecher, Clouth, M. Altdorfer, and 150 others.

Hotels: The Hôtel Rose, excellent hotel, with baths and all comforts. H. Häffner, proprietor. (See advt. at end.)

Vier Jahreszeiten, Hôtel and Bains de Nassau, &c. Pensions: International, Anglaise, and numerous others.

Wiesen.—Switzerland, Grisons, near Davos; 4,300 feet above the sea level. Climatic air station; whey cure.

Doctor: Dr. Obermatt.

Wiesenbad.-Germany, Saxony, near Annaberg.

Bicarbonate of soda waters, 50° F. Climatic air station.

Special indications: Neuropathic conditions, female diseases, and calculus.

Doctor: Dr. Böhm. Hotel: Kurhaus

Wiesloch.—Germany, Baden, near Langenbrücken. Sulphurous waters, not used.

Sulphurous waters, not used.

Doctors: Drs. Muller and Steffens.

Wildbad.—Germany, Würtemberg, Black Forest, in the Enz Valley; 600 inhabitants; 1,400 feet above sea level. From London δd Ostend, Brussels and Carlsrahe about 23 hours.

Indifferent waters from 80° to 97° F.; whey and milk cure; climatic air station.

Season: 1st May to 1st October, but open all the year round. Number of Visitors: About 13,000 during the season.

Special indications: Uric acid diathesis, gont, rheumatism, neurosis, all affections of the spinal chord, neuralgia, hyperesthesia, anæsthesia, cramps, partial and general paralysis, anchylosis, debility from overwork (mental or bodily), convalescence, scrofnla, rachitis, chronic derangements of the digestive organs, catarrh of the respiratory and urinary organs; female complaints, fractures and luxations.

The town is situated in a very picturesque valley of the Black Forest, through which passes the Enz, a clear mountain stream. Wildbad is surrounded by mountains, clad with pine forests, which protect it from high winds, and at the same time renders the air buoyant and bracing in ozone, a very fortifying

quality.

The environs and the scrupulously well-kept garden and parks offer

great variety of promenades and excursions.

The climate is very strengthening and stimulating. The atmospheric changes are never rapid. The mean temperature in summer is 65° F. The nights are rather cool, which is considered an advantage.

The bathing establishments are replete with every modern appliance,

and afford every comfort.

The amusements are well provided for, and an orchestra plays three times a day. There is also a good theatre. Visitors Tax.—For four weeks, 12 marks. Physicians and their families

are exempt from the payment of these fees.

English Church.

Head Post Office: Near the railway station.

Branch Post Office, Telegraph and Telephone: In the Royal Baths Hotel.

Banks and Exchanges: Klumpp and Vereinsbank.

Chemist: Metzger.

Doctors: Drs. Weizsacker, physician-in-chief; Haussman, Josenhans, Lorenz, De Ponte and Tuefel.

Hotels: Royal Baths Hotel, Hôtel Belle Vue, Klumpp.

Numerous villas and private residences, with and without board.

For prospectus and all information apply to Koenigl Badverwaltung, or the Stadtschultheissenamt (see advt. at end).

Wildhausbad.—Switzerland, Canton St. Gall; 3,430 feet above sea level.

A whey cure station; sulphurous spring, not used.

The establishment is good.



BAD WILDUNGEN.

Wildungen, Germany, is the terminus of a branch line from Wabern on the Cassel-Frankfurt.a-M. Railways (about 30 miles distant from Cassel); from London, viā Ostend to Cologne, about 22 hours; 3,800 inhabitants; 1,600 feet above sea level.

Cold alkaline ferruginous waters.

Special indications: The Wildungen springs have been famous for centuries for their directic and solvent action in diseases of the genito-urinary organs.

A .- THE HELENEN-QUELLE.

- 1. In so-called uric acid diathesis, kidney gravel, renal and urinary calculus, and gout.
 - 2. In chronic nephritis, with and without albumen excretion.
- 3. In catarrh of the bladder due to inflammatory conditions.
 - 4. In urinary hæmorrhages, occurring in above affections.
 - 5. In catarrh of the kidney pelvis.

B .- The Georg-Victor-Quelle.

- 1. In chronic catarrh of the bladder, especially in that form accompanied by urinary alkalimity.
- 2. In bladder debility, manifested by difficulty in urination or by involuntary voiding of urine.
 - 3. In blenorrhœa of the prostate gland and urethra.

In many of the conditions named above the combined use of both Quellen is particularly recommended.

In cases of urinary complaints frequently another and mainly surgical treatment is required, according to the respective condition, which either must precede or be combined with the curative use of the waters, as dictated by circumstances.

In addition to the above specific application, the highly-ferruginous Georg-Victor-Quelle is used with success in anæmia, chlorosis, &c., and in nervous affections, while the alkaline Helenen-Quelle gives good results in catarrh of the stomach and of the intestinal nucous membranes.

The natural mineral waters of Wildungen are refreshing, effervescing beverages, clear in appearance and devoid of odour. Notwithstanding its mineral constituents, the taste is agreeable, the Helenen-Quelle having a slight salty flavour, while the larger proportion of iron imparts to the Georg-Victor-Quelle a stronger but in no way inky taste.

It is possible to obtain the excellent and world-famed curative effect of the Wildungen waters at home, and they may be taken with the same effect at all times of the year. The bottling for export amounted in 1902 to 1,188,164 in number. These waters can be obtained from Messrs. Ingram & Reyle, Ltd., 26, Upper Thames Street, London.

Wildungen is most charmingly situated; it is surrounded by mountains and splendid forests, offering a great variety of most pleasing promenades and excursions. The climatic conditions are excellent. The air is stimulating and strengthening. There is a fine band, and a theatre. Number of visitors in 1902, 7,634.

Doctors: Drs. Marc, Münter, Krüger, Reinhold, Röhrig, Severin, Schultheis, Winkhaus.

Hotels: Badelogirhaus, specially recommended for residence, on account of its connection with the mineral baths, Europaeischer Hof with Kurhaus, Kurhaus Hotel and Villa Goeske (see advt. at end), and a great number of private hotels.

Season: May 1st to October 15th.

For prospectus and all information apply to Fürstliche Wildunger Mineralquellen, A. G. in Wildungen.

Wilhelmsbad.—Germany, Hesse-Nassau, near Hanau.

Cold chalybeate waters.

Special indications: Scrofula, anæmia, female complaints.

Wilhelmsbad.—Germany, Saxony, near Aschersleben.

Brine baths.

The establishment is incomplete.

Wilhelmsbad.-Germany, Silesia, near Ratibor.

Cold sulphurous waters.

The establishments are good, the accommodation comfortable and moderate in price, and the scenery very picturesque.

Willmanstrand.-Russia, Finland.

Hydropathic establishment, well fitted, good accommodation.
Splendid summer climate.

Near by are the Imatra Falls, the largest waterfall in Europe.

*Doctor: Dr. Buch.

Willoughby.-England, Warwickshire, near Rugby.

Sulphurous and saline waters.

Climate healthy.

Season: June to September.

Wimmis.-Switzerland, Berne.

Health resort.

Doctor: Dr. Schmidt.

Wimpfen.—Germany, Hessen-Darmstadt, on the road from Heidelberg to Heilbronn.

Saline water, brine baths.

The establishment is good, and the scenery picturesque.

Doctor: Dr. Kleinmann.

Windermere.—England, Westmorland, Lake District.

Summer air cure station, and holiday resort.

Doctors: Drs. Hamilton, Brooksbank, Clegg, Dobson, and Mason.

Hotel: Rigg's.

Windsor Forest.-England, Berkshire.

Sulphate of magnesia and soda effervescing waters; 8 grammes of mineralisation. Laxative action.

Winsford.—England, Cheshire; 166 miles from London. L. & N. W. Railway.

Population, 10,400; death rate in 1897, 12.9 per 1,000.

Season: April to October, but baths are open all the year round.

Special indications: Rhenmatism, sciatica, lumbago, neuralgia, indigestion, &c.

BRINE BATHS.—The brine is said to contain more salt to the gallon than any ether known brine in the world. Dr. Carter Ball, analyst for the county of Chester, and analyst to the Manchester section of the Society of Chemical Industry, has made an analysis, and reports that this is a very high-class brine, being very rich in salts, more than 25 per cent. stronger than Nantwich brine, and equally as efficacious as the brine of Droitwich, or any of the celebrated continental baths.

The baths were presented to the town by Sir Joseph Verden, Bart., and W. H. Verden, Esq., D.L., High Sheriff of the County. All information with respect to the baths can be obtained from Mr. J. H. Cooke, Solicitor, Winsford, Clerk to the Urban District Council.

Winsford is within a mile of the celebrated Vale Royal of Cheshire.

Hotels: The North-Western, The Wheatsheaf, The Brine Baths Hotel.

Winterbach.—Germany, Württemberg, near Stuttgart; 766 feet above sea level.

Sulphurous waters.

The establishment is good, the accommodation abundant and comfortable, and the scenery charming.

Wipfeld.—Germany, Bavaria, near Kissingen. Cold sulphate of lime waters; mud baths. The establishment is sufficiently good. Withernsea.-England, Yorkshire, near Seathorne.

Sea baths; shingly beach; climate bracing.

Season: July to September.

Hotel: The Queen's.

Wittekind .- Germany, Prussian province of Saxony, near Halle.

Brine baths, Russian and sulphurous baths.

The establishment is thoroughly well fitted up, and is very comfortable and elegant. The gardens are very beautiful, and admirably laid out. The situation is charming.

There is a casino, with assembly, concert, ball, and reading

rooms.

Doctor: Dr. Lange.

Wolfach.—Germany, Baden, in the valley of the Kinzig; 875 feet above sea level. See map at end.

Cold ferruginous waters.

Wolfach is better known for its pine-cone sap baths and resinous inhalations than for its ferruginous spring.

Doctors: Drs. Kurz and Moser.

Wolfs.—Austria-Hungary, near Oedenburg, on the Lake of Neusiedel. Earthy alkaline sulphurons waters.

The establishment might be improved.

Wolfsanger.-Germany, Hessen-Nassau, near Cassel.

Climatic air station and hydropathy; whey cure, resinons baths.

Doctor: Dr. Rexrodt.

Wolfsegg.-Austria, near Linz.

Alkaline waters.

The establishment is old-fashioned.

Woodhall Spa.—England, Lincolnshire; three hours from London and one hour from Lincoln.

Saline bromo-iodine waters; very rich in iodine. Douches, sitz, steam and shower baths, and inhalations. Recommended

for people who cannot reside near the sea.

Special indications: Rheumatism in all its forms, gout, sciatica and neuralgia, scrofula, rickets and glandular affections, tumours and diseases peculiar to women, chronic skin diseases, goitre and congestions of the liver and spleen.

A large new bath-house and pump-room have been erected, with every convenience for shower, lave and douches, as found in the largest and most fashionable Continental spas. Rooms are also provided for inhalation and respiration, and the natural vapour from the mineral water can be applied either wholly or locally. The Dowsing Radiant Heat and Light treatment by experienced attendants.

Medical Superintendent · Dr. C. J. Williams.

AMUSEMENTS: Besides the numerous walks and drives in the beautiful park and adjoining woods, and the very interesting old ruins existing in the neighbourhood, tennis courts, an archery ground, and bowling greens afford amusements for visitors, whilst a first-class band will play during the summer months. A golf club and club house adjoin the Victoria Hotel and Baths, and the links are in excellent order.

The Alexandra Hospital is now open to all comers, on

presentation of subscriber's order.

The Victoria Hotel, adjoining the Baths, replete with every comfort; for terms apply to the Secretary. Baths of the Mineral Water can now be obtained in this hotel.

Season: April to November.

Wörth.-Germany, Bavaria, near Regensburg.

Effervescent ferruginons waters.

No establishment and very imperfect appliances.

Doctors: Drs. Brand and Sadoul.

Worthing.-England, Sussex, near Brighton.

Sea baths; hard sandy beach. Climate mild.

Season: July to October.

Doctors: Drs. Collet, Hinds, and many others.

Hotels: Egremont, Burlington, Marine.

Wyk.—On the Island of Föhr, in the Baltic; steamboat from Husum. Sea baths, much frequented, sandy beach; climate mild.

The bathing arrangements are very good.

Doctors: Drs. Gerber and Gmelin.

Hotels: Kurhaus, Redlefsen.

Wyk aan Zee.-Holland, 11 hours from Amsterdam, on the North Sea.

Sea baths. Sandy beach. The surf is strong.

Season: 15th June to 1st October.

Hotel: The Hôtels Reunis.

Yarmouth.-England, Norfolk. See GREAT YARMOUTH.

Ydes.—France, Department of Cantal, near Mauriac; 10 hours from Paris.

Cold mineral waters. Strong saline, sulphurous arsenical,

Source: Saint Martin.

The only existing mineral water naturally effervescing

with purgative effect.

Sp cial indications: Gastric complaints, constipation, congestion, &c.; especially suitable for people of sedentary disposition.

Source : Saint Georges.

Special indications: Strongly aperient and digestive. For diseases of the stomach and digestive organs, circulation of the blood, lymphatism, scrofula and obesity.

The water can be sent to the patient's residence if necessary for treatment. All information will be given on receipt of stamped application, by Mr. A. Chassan, Director and Proprietor, at Saignes, Ydes (Cantal). Yeste.-Spain, province of Albacete.

Sulphurous cold waters.

Special indications: Skin diseases, hysterics, rheumatism, ophthalmia, leucorrhœa.

Yeuzet .- France, Department of Gard.

Sulphurous waters.

The establishment is good.

Yport.—France, Department of Seine Inférieure, viá Fécamp.

Sea baths, shingle beach.

Sanitary arrangements of town deficient.

Yverdon.-Switzerland, Canton of Vaud.

Mixed bicarbonate waters, 75° F.

 $Special\ indications$: Affections of the pulmonary and vesical mucous membranes.

Very agreeably situated, salubrious climate, and wellorganized bathing establishment.

Doctor : Dr. Mermod.

Zaffarano.-Italy, Sicily, at the foot of Ætna.

Effervescent ferruginous waters.

No arrangements.

Zagwera.-Russia, Caucasus, near Borschom.

Alkaline ferruginous waters. Exported.

No establishment; owing to insufficient communication the place is not visited.

Zaisenhausen.-Germany, Baden, near Carlsruhe.

Cold sulphate of lime waters, with slightly laxative action. Establishment incomplete.

Zajzon.—Austria, Hungary, Transylvania, near Kronstadt; 1,790 feet above sea level.

Fernginous iodurated waters. Good accommodation. Very changeable climate.

The establishments are ample and much frequented.

Zakopane.-Austria, Galicia, in the Tatra.

Climatic air station, hydropathic and whey cure.

Doctor: Dr. Ganezawski.

Zaldivar.—Spain, province of Biscaya, near Durango.

Sulphate of lime waters, 70° F.

Special indications: Skin diseases, scrofula, leucorrhœa,

chronic ulcers, caries, necrosis, white swelling.

The site is very picturesque and well sheltered. The establishment and hotel form different buildings. Both are surrounded by large parks with extensive woods. The establishment is fitted with all modern appliances, and the hotel is comfortable.

Season: 1st June to 1st October.

Doctor: Dr. Castañon.

Zandvoort.-Holland, near Haarlem.

Sea baths, sandy beach, climate bracing.

The arrangements are good. Accommodation abundant and comfortable, but rather dear.

Hotel: Villa Maris.

Zante.-Greece, Ionian Islands.

Possesses a sulphurous and saline spring, which contains petrolenm and bitumen.

Zanyka.-Austria Hungary, comitat of Bereg.

Ferruginous waters.

No establishment.

Zaraus.-Spain, on the Cantabrian coast, near San Sebastian.

Sea baths. About 7,000 visitors yearly.

Hotel: Grand.

Zaraùz.—Spain, province of Guipuzcoa, near San Sebastian. Sea baths, strong surf, and very fine sandy beach. The place is very fashionable and society very select.

Zavelstein.—Germany, Baden, near Teinach; 1,800 feet above sea level.

A whey cure station; well appointed.

Zea .- Greece, island in the Archipelago.

Alkaline waters; used in primitive fashion.

Zegiestow.—Austria, Gallicia, district of Landec.

Ferruginous waters.

Doctor: Dr. Szczepkanski.

Zerbst.-Germany, Saxe-Anhalt, near Dessau.

Effervescent ferruginous waters.

The establishments are good.

Doctors: Drs. Fiedler and Lippold.

Zermatt.—Switzerland, Canton Valais; 5,307 feet above sea level; on Jura and Simplon Railway—change at Viège.

Season: 15th May to 15th October.

Climatic station; with bracing climate.

The scenery is very grand. The place is secluded, but is a good centre for excursions. The situation is one of the best wooded and most picturesque in the Swiss Alps. Zermatt is now reached from Visp by railway, the journey taking about 2 hours and 40 minutes, a great improvement upon the old mule path and carriage track. Near Zermatt are the Riffelab, Riffelberg, the Gorner Grat; among the surround-

ing mountains are the Matterhorn, Breithorn, Weisshorn, Monte Rosa, &c., all of which can be climbed from Zermatt.

Doctors: Drs. de Courten, F. and A. Gamgee (English).

Hotels: Mont Cervin, Mont Rosa, Zermatt; Riffelalp, Riffelberg, and Schwarzsee (all under management of A. Seiler & Bros. (See advt. at end.)

Zimmerwald.—Switzerland, Canton Berne; 3,000 feet above the sea level.

Climatic air station.

Near here is *Thalgutbad*, 1,800 feet high, where there is a mineral spring.

Zinnowitz.—Germany, on the island of Usedom in the Baltic.

Very fashionable and much-frequented sea bathing station.

Doctor : Dr. Sachse.

Hotel: Belvedere.

Zittau.—Germany, Saxony, Oberlausitz.

Pine-cone sap and resinous vapour baths.

The establishment is thorough and the situation romantic.

Doctors: Drs. Hansel and Waner.

Zofingen.-Switzerland.

A small town on the Olten-Lucerne line, near which are the following mineral springs: Roemerbad, Bains de Geisshubel, Lauterbach, Unterentfelden, Grænichen, and Schwarzenburg: they principally contain chloride of sodium.

Zögg.—Austria, Tyrol, valley of Passeyer.

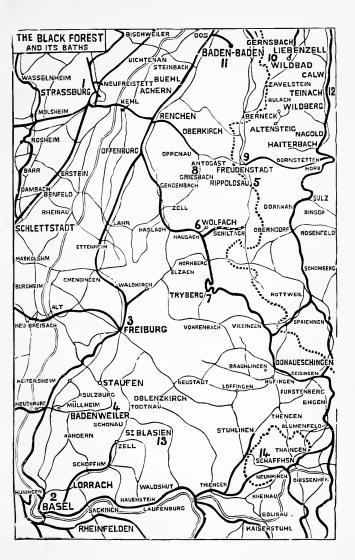
Effervescent ferruginous waters.

Special indications: Gout, chronic nervous disorders, chronic skin diseases.

Zollhaus.—Germany, Hesse-Nassau, Valley of the Aar, near the Taunus mountains.

Natural mineral water springs, charged with free carbonic acid gas, and yielding about 35,000 gallons a day. The water is bottled and sold largely by the Johannis Company, London, whose extensive works, with pump and bottling rooms, are well worth a visit.

A concrete wall surrounds the spring down to the rock through which the water bubbles, preserving it from all contaminating influence. The large quantity of carbonic acid gas which is constantly escaping gives the spring the appearance of boiling water.

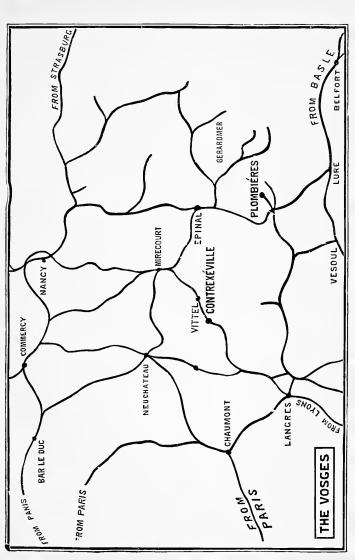


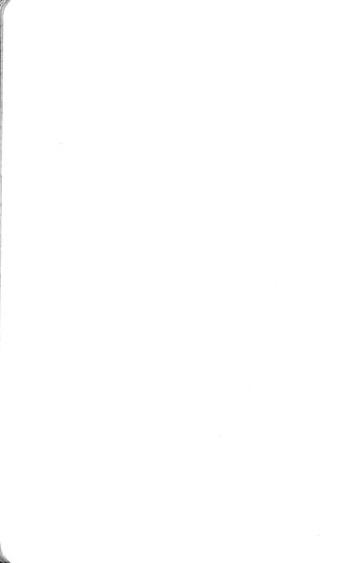
1. Strasburg-2. Basel— 3. Freiburg-"Hôtel Sommer, Zähringerhof," see page 115. Badenweiler-4. 5. Rippoldsau-6. Wolfach--7. TRIBERG-8. Griesbach-9. Freudenstadt-10. WILDBAD-BADEN-BADEN-"Hôtel Victoria," see page 23. 11. 12. Teinach-

13.

St. Blasien—see page 259.

14. Schaffhausen-





Zoppot.—Germany, near Danzig, on the Baltic.

Sea baths, much frequented by Germans and Poles

There is a thoroughly well-appointed establishment.

Doctors: Drs. Feuerstein and Kern.

Hotels: Kurhaus, Schulz.

Zovány.—Anstria-Hungary, Transylvania, near Szilagy-Sombyo.

Ferrnginous waters.

Special indications: Chronic catarrh, blenorrhœa, disorders of the uterus, and chronic sores.

The establishment is antiquated.

Zuckmantel.-Germany, Upper Silesia, near Ziegenhals.

Hydropathic establishment.

Doctor : Dr. Anjel.

Zug.—Switzerland, Canton Zug, near Zurich; 2,967 feet above sea level. Climatic mountain air station; whey, milk and grape cure.

Special indications: Exhaustion from mental overwork, anæmia, chlorosis, failing nutrition and asthma.

Near here are Schönfels and Felsenegg; also Schönbrunn, a hydropathic establishment.

Season: May 15th to October 15th.

The situation is well sheltered, and the hills covered with pine woods. The views are very fine, embracing the Lake of Lucerne and the Bernese Oberland. The air is particularly bracing, and the sojourn, though quiet, is pleasant.

Doctors: Drs. Keiser and Steiger.

Hotel: Hotel and Pension Schönfels.

Zug.-Switzerland.

Health resort.

Doctor : Dr. Juvalta.

Zujar.—Spain, province of Granada, near Baza.

Thermal sulphate of lime springs, 100° F.

Special indications: Rheumatism, paralysis, gout, articular swellings, tendinous contractions, skin diseases, old wounds and bronchial catarrhs.

The establishment contains tanks and sweating rooms, but is much neglected.

Doctor: Dr. Quesada.

Zumaya.—Spain, province of Guipuzcoa, near Zumárraga.

Sea baths with sandy beach.

Quiet and retired. Daily expense en pension 5 fcs.

Zürieh.—Switzerland: 1,280 feet above sea level. From London viá Calais and Basel in 18 hours.

Earthy alkaline waters.

There are three establishments, all equally good—the Rösli

baths, the Drahtschmidli baths, and the sulphur baths.

Capital of the Canton of the same name, is a very thriving commercial town of much interest, situated at the foot of the Alps. The town and its suburbs extend from the heights of the Zürichberg to the base of the Uto. The number of inhabitants is upwards of 90,000.

Near Zurich are the La Waid and Uetliberg health resorts, also the mineral springs of Eglisau, Manhaltorf, Bachtel,

Inneres Gyrenhad and Ausseres Gyrenhad.

Excussions: Uetliberg, Kappel, Albisbrunn, Zürichberg, Rapperschwyl, Horden, Wadensweil, and up the lake. There are also good promenades in the town, such as Platz Promenade, Botanical gardens on the Katz Hill, Hohe Promenade, and various others.

Cars: One horse, two persons, 50 cts.; two horses, four persons, 1 fr. 20 cts.

Post and Telegraph office: Bahnhofsstrasse.

British Consul-General: Henry Angst, Esq.

Vice-Consul: J. C. Milligan, Esq.

Bookseller: Cesar Schmidt, Munsterberg.

Doctors: Drs. Rahn-Escher and Peters.

Hotels: Belle Vue au Lac, Baur au Lac, National.

Zwieselsalpe.-Austria, near Abtenau, on the Lammer.

Bitter waters. Exported.

The situation is charming. The establishments are very good, and the accommodation comfortable and abundant.

EXPLANATIONS AND TRANSLATIONS OF TECHNICAL TERMS AND PHRASES.

Amenorrhæa.—Suppression of the menses.

Anæmia.-Poverty of the blood.

Aphonia.—Loss of voice.

Articular.—Concerning the joints.

Articulation.—The mechanism of a joint.

Ascites.—Dropsy of the abdomen.

Atonic. Want of tone, debility.

Atrophy.- Emaciation, wasting of the body.

Bronchi.—Air passages in lungs.

Bronchial-catarrh.—Catarrh of the air-passages.

Bronchitis.-Inflammation of the bronchi.

Cachexia.—An unhealthy habit of body.

Calcium.-Lime.

Cardiac -Relating to the heart.

Caries .- Ulceration of bone.

Cerebral .- Relating to the brain.

Chalybeate.—Impregnated with iron.

Chlorosis.—" Green sickness"; anæmia.

Cholagogues.-Medicines promoting a flow of bile.

Chorea .- St. Vitus's Dance.

Climacteric.-Critical period of life.

Congestion.—Undue fulness of blood vessels, lungs, etc.

Coryza.—Inflammation of the lining membrane of the nostrils.

Cutaneous.—Concerning the skin.

Diagnosis. - Recognition of a disease.

Diathesis.—Peculiar constitutional state.

Dipsomania .-- The "drink craze."

Dislocation .- Out of joint.

Diuresis -Flow of urine.

Diuretic .- Causing a flow of urine.

Douche.—A form of bath in which the water is applied in a continuous stream of varied dimension and force.

Dysmenorrhæa.—Difficult menstruation.

Dyspepsia.—Difficult digestion.

Dysphagia.—Difficulty in swallowing.

Dyspnwa.—Difficulty in breathing, shortness of breath,

Ecthyma.—A skin disease.

Eczema.—A skin disease.

Emphysema.—Distended air-cells of lung.

Expectorants.—A class of medicines which aid in elearing the throat and chest.

Febrifuges.-Medicines which dispel fever.

Gastric.—Referring to stomach.

Granulations.—A stage in the process of healing of wounds.

Gravel.—A morbid condition of the urine.

Hæmaturia.—Bloody urine.

Hæmoptysis.—Spitting blood.

Hamorrhage.—Bleeding.

Hamorrhoids.—Piles.

Hepatic.—Concerning the liver.

Herpes.—A disease of nervous origin showing itself as an eruption of the skin; called also "shingles."

Hydropathy, or Hydrotherapy.—The treatment of disease by water, the "water cure."

Hypertrophy.—Over-growth.

Icthyosis.—A form of skin disease.

Idiosyncrasy.—Individual peculiarity.

Impetigo.—A skin disease.

Intermittent.—Recurring at intervals.

Iritis.—A disease of the eye.

Laryngitis.—Inflammation of the larynx.

Larynx.—Portion of the throat in which the voice is formed.

Lepra.—A skin disease.

Leucocythemia.—"White" or poor blood.

Lichen.—A skin disease.

Locomotor ataxy.—A form of spinal paralysis.

Lumbago.—A rheumatic pain in the loins.

Menorrhagia.—Excessive menstruation.

Miasma.—An infectious element in the air.

Myalgia.—Pain in muscles.

Myeltis. - Inflammation of spinal cord.

Myopia.—Shortsightedness.

Nævus.—A blood tumour.

Necrosis. —The death of bone.

Nephritis.—Inflammation of the kidney

Neuralgia.—A nervous pain.

Neurosis.—Nervous affection.

Nostalgia.-Home sickness.

Esophagus.—The gullet.

Ophthalmia.—An eve affection.

Otorrhæa .- Discharge from ear.

Ovaritis.-Inflammation of ovaries.

Ozena.—Discharge from nose.

Peritonitis.—Inflammation of the bowels (peritoneum).

Pharyngitis.—Inflammation of upper part of throat.

Pharynx.—The back part of the mouth.

Phlebitis.—Inflammation of the veins.

Phthisis.—Consumption.

Plethora.—Full habit of body.

Pleurisy.—Inflammation of lining membrane of lungs.

Pneumonia.-Inflammation of the lung.

Pruritis.—Itching.

Pulmonary.—Concerning the lungs.

Rachitis.—Rickets.

Remittent.—A periodical increase or decrease of febrile action.

Renal.—To do with the kidneys.

Rheumatoid arthritis.—A disease causing great pain, swelling, and ultimate stiffness in the joints.

Sciatica.—Pain in sciatic nerve (in the thigh).

Scrofula.—A certain unhealthy condition of body.

Stomatitis. -Inflammation of the mouth.

Styptics.—Arresting flow of blood.

Suppuration .- Discharge of matter (pus).

Syphilis.—A form of venereal disease.

Torticollis.—Wry neck.

Tuberculosis.—A diseased condition of the glands lungs or other organs of the body, caused by the presence of the tubercle bacillus.

Urticaria.—Nettle rash.

Uterine.—Concerning the womb.
Uterus.—Womb.

Varicose veins.—Enlarged and tortucus veins. Vesical.—Relating to the bladder.

Viscera.—Bowels and internal organs.

DISEASES:

AND PLACES WHERE THEY ARE MOST EFFECTUALLY TREATED.

Name of Disease.	Medium,	Places.
Acne	Various waters	Ems, Luchon, Schlangenbad, Uriage, Vals, Vichy, Dax, Gastein, Nanclares de Oca,
Adenitis	Saline iodurated waters	Mont Dore, La Bourboule. Abano, Castro-Caro, Airth- rey, Dürkheim Gazost, Krankenheil, Lipik Radein, Jvonicz, Baden- Baden, Uriage, Riolo.
	Alum waters Saline alkaline water	Erdöbenye. La Bourboule.
Albuminuria	Alkaline	Karlsbad, Giesshübl, Contrexéville, Neuenahr, Preblau, Brides, Salz- brunn, Bad Wildungen.
	Ferruginous alka- line	Pougues, Contrexéville, Vittel, Schwalbach, Schelesna-Wodsk, Harrogate, Strathpeffer, Franzensbad, Chatel
	Alkaline earthy	Guyon, Bad Wildungen. Chianciano, Bath, Loëche, Contrexéville, Vittel, Szkleno, Bad Wildungen.
Amenorrhoa.	Sulphurous waters	Aix-les-Bains, Baden (Austria), Acireale, Uriage, Eaux- Bonnes, Aix-la-Chapelle, Strathpeffer.
	Chalybeate waters	Schwalbach, Malahá, Pougues, Contrexé, ville, Vittel, Pyr- mont, Franzensbad, Gleichenberg, Chian- ciano, St. Moritz, Strathpeffer.
	Indifferent waters and hydropathy	Bad Reichenhall Laubbach.

Name of Disease.	Medium.	Places.
Anæmia •	Ferruginous waters	La Bourboule, Bruckenau, Gleichenberg, Chianciano, Harrogate, Franzensbad, Pyrmont, Homburg, Royat, Schwalbach, St. Moritz, Alveneu, Rippoldsau, Châtel Guyon, Bagnères de Bigorre, Bussang, Contrexéville, Vittel, Bad Wildungen.
	Hydropathy	Baden - Baden, St. Raphael, Reichen- hall, Godesberg, Mondorf, Strathpeffer, Smedleys, Matlock, Malvern, Ben Rhydding, Laubbacn, St. Blasien.
	Indifferent waters	Royat, Badenweiler Vös- lau, Römerbath (Aus- tria), Laubbach, Bushey, Plombières,
	Winter stations	Acireale, Madeira, the Riviera, Mentone, Bi- arritz, Corfu, Ajaccio, St. Raphael.
	Climatic air stations	Meran, Reichenhall, Schmecks, Clifton, Alveneu, Loëche, Camp- fer, Flims, St. Moritz, Pontresina, Mürren, Samaden, Maloja.Sulz- brunn, St. Blasien, Innsbruck.
Anchylosis	Thermal sulphurous	Aix-les-Bains, Chian- ciano, Amélie-les-Bains, Dax, Loëche.
	Sulphurous saline Mud and sand baths	land), Mehadia, Balaruc, Bourbonne, Tiermas.
	Thermal alkali	Abano, Acqui, St. Amand, Dax, Balaton-Füred. Teplitz - Schönau,
•	saline Saline bromo-iodu- rated	Karlsbad, Contrexéville. Bex, Malvern.
	Indifferent waters	Wildbad, Laubbach, Plombières.
Arthritis	Hydropathy Alkaline saline	Abano, Laubbach, Droitwich, St. Raphael, Wiesbaden, Royat,
Asthma	waters Mountain air-cure	Salzschlirf. Meran, Bad Reichen- hall Gleichenberg, Cham- ounix, Veldes, Grindel- wald, La Bourboule, Mürren, Pontresina, St.

Name of Disease.	Medium.	Places.
Asthma (continued)		Moritz, Rippoldsau, Davos, Sulzbrunn,
	Sea baths	St. Blasien. Biarritz, Houlgate, Dobberan, Brighton, Scarborongh, North Sea, Scheveningen, Bournemouth.
	Brine baths Sulphurous waters	Droitwich, Malvern. Eaux-bonnes, Acireale, Chianciano, Cauterets, Schinznach.
	Alkaline waters	Bad Salzbrunn, Ems, Glei- chenberg, Recoaro.
	Mixed and ferru- ginous Indifferent waters	Mont Dore, Alhama de Aragon. Laubbach, Bushey,
	and hydropathy Hot salt water baths Alkaline arsenical water	Droitwich. St. Raphael. MONT DORE.
Ataxy (Locomotor)	Ferruginous alka- line waters	Schwalbach, Pyrmont, Gleichenberg, Con- trexéville Vittel.
	Sulphurons waters	Aix-les-Bains, Ischl, Challes, Baden (Austria), Aix-la Chapelle.
	Hydropathy	Laubbach, Bad Reichen- hall.
	Saline waters	Salins-Moutiers, Bad Reichenhall.
Atrophy (Muscular)	Various waters	Abano, Baden-Baden, Aix-les-Bains, Loëche, Chianciano, Acireale, Schwalbach.
Bladder Irritability	Alkaline ferruginous Various waters	Tarasp. Buxton, Cervera del Rio Alhama, Amélie, Ems, Teplitz- Schönau, Recoaro, Cas- tellamare, Schwalbach, Bad Wildungen.
	Sea baths	Baltic and Mediterranean Bournemouth, &c.
Boils and Ab- scesses	Sulphurous	Aix-la-Chapelle, Gazost, Guagno, Caldaniccia.
	Saline waters	Bourbon-Lancy, Bourbon l'Archambault, Balaruc, La Bourboule, La Garriga, Bad Reichenhall
	Saline sulphurous waters	Baden (Austria), Mehadia, Uriage, Acircale, Chianciano, Schinz- nach.
Bones, Diseases of the	Saline waters	Ischia, Nauheim, Baden-Baden, La Bourboule, Salzbrunn, Bad Reichenhall.

Name of Disease.	Medium.	Places.
Bones, Diseases of the (continued)	Thermal-sulphurous waters	Alx-les-Bains, Uriage, Alhama de Aragon, Baden (Austria), Me- hadia, Chianciano, Zaldivar, Fitero, Ledesma.
	Sulphurous saline waters	Alveneu.
	Thermal hydropathy	Laubbach, Bushey.
Bright's Disease	Hot salt water baths Hydropathy	St. Raphael. Malvern, Droitwich, Laubbach, Matlock, Ben Rhydding, Neuenahr, Bad Reichenhall.
	Ozone treatment Peat baths Winter stations	St. Raphael. Strathpeffer. Mentone, Monaco
Calculus (Biliary)	Alkaline ferrugi- nous waters	Gleichenberg, Pyrmont, Schwalbach, Contrexé- ville, Vittel, Pougues, Bad Wildungen.
	Mild alkaline waters	Ems, Neyrac, Neuenahr.
	Mixed	Karlsbad, Contrexéville, Monte-catini, Castellamare, Tarasp.
Calculus (Urinary and	Sulphurous waters	Acireale, Castellamare, Salvadora.
(Urinary and Vesical)	Alkaline waters	Bad Salzbrunn, La Tor- retta Monte-catini, Mont Dore, Evian, Gleichen- berg, Ibero, Bad
4	Alkaline ferrugi- nous waters	Wildungen. Franzensbad, Pyrmont. Contrexéville, Neuenahr, Vittel, Belascoin,
	Alkali saline	Sousas. Karlsbad, Contrexé- ville, Salzschlirf.
Catarrhs (Gastric)	Ferruginous waters Hydropathy	Gleichenberg, Royat. Veldes, Malvern, Laubbach Matlock, Bournemouth, Bad Reichenhall, Ben Rhydding, St. Blasien.
	Sulphurous waters	Acireale, Eaux - Bonnes, Chianciano, Ledesma,
	Saline arsenical	Zujar, Strathpeffer. La Bourboule.
	Sulphurous saline waters	Dax, Alveneu, Acireale, Schinznach, Amélie-les- Bains, Cambo, Cau- terets.
	Ozone treatment Climatic air and winter stations	St. Raphael. Meran, Corfu, Ajaccio, Flims, Campfer, Wild- bad, Cambo, Clifton,
		bad, Cambo, Clifton, Mentone, San Remo, Monaco, Bad Reichenhall St. Blasien, Teneriffe

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Name of Disease.	Medium.	Places.
Catarrhs (Pulmonary)	Alkaline waters Thermal-sul- phurous waters	Bad Salzbrunn, Ems. Eaux-Bonnes, Chianciano, Marienbad, Acireale, Ischl, Baden (Austria), Amélie-les-Bains, Wild- bad, Cauterets.
	Various waters	Royat, Ems, Baden-Ba- den, Badenweiler, Gleich- enberg, La Bourboule.
	Winter stations	Meran, Acireale, Hyères, Biarritz, Abazzia, Grasse, Cannes, Mentone, San Remo, Cambo, St. Raphael, Bourne- mouth, Torquay, St. Blasien, Teneriffe.
	Alkaline arsenical water	Mont Dore.
Chlorosis	Ferruginous waters	Royat, Loëche, Contrexé- ville, Plombières, Gleichenberg, Vittel, Salins-Moutiers, Schwal- bach, Mont Dore, St. Moritz, Alveneu, Rippoldsau, Bagns. de Bigorre, Bussang, Pyrmont, Bad Wil- dungen.
	Ozone treatment Sea baths	St. Raphael. North Sea, Scheveningen and Atlantic, Bourne- mouth, &c.
	Hydropathy	Godesberg, Laubbach, Bad Reichenhall, Droitwich.
	Climatic air station	Meran, Campfer Mürren, Corfu, Ajaccio, Pon- tresina, St. Moritz, Samaden, Maloja, Bad Reichenhall, Clifton, Mentone.
Chorea or St. Vitus Dance	Thermal hydro- therapy	Strathpeffer. Abano, Aix les - Bains, Baden (Austria), Me- hadia, Baden-Baden, Loëche, Franzensbad, Brighton, Plombieres, Laubbach.
	Lake baths	Neusiedel, Balaton, Neu- chatel, Geneva, Constance.
Congestions (Cephalic)	Bitter waters Purgative and laxative waters	Frailes y la Rivera. Pullna, Bilin, Ems, Châtel-Guyon, Vöslau, Contrexéville, Vittel, Chianciano, Gerace, Brides, Leamington.
	Thermal hydro- pathy	Laubbach, Droitwich, Plombières.

Name of Disease.	Medium.	Places.
Contractions (Tendinous or Articular)	Various waters	Abano, Aix-les-Bains, Loëche, Baden (Austria), Uriage, Baden-Baden, Dax, Acireale, Bex, Be- nimarfull, Malvern, Plombières.
Convalescence	Alkaline waters Indifferent waters	Sierra Alhamilla, Zujar. Vöslau, Franzensbad, Badenweiler, Veldes,
	Climatic air sta- tions	Wildbad, Laubbach. Axenstein, Bushey, Son- nenberg, Grindelwald, Schlangenbad, La
	Climatic air and winter stations	Bourboule, Loëche, Bad Reichenhall, St. Blasien, Bournemouth. Flims, Corfu, Ajaccio, Algiers, Pontresina, Cambo, Maloja, Mentone, San Remo,
	Ferruginous waters	Monaco, Teneriffe, St. Blasien. Chianciano, Schwalbach, Pyrmont, Pougues, Contrexéville, Vittel, St. Monitz, Brd. Will
	Sulphurous and winter station Saline waters	St. Moritz, Bad Wildungen. Acireale, Corfu, Ajaccio, Strathpeffer. Baden-Baden, La Bourboule, Bad Rei-
Coryza Debility	Alkaline ferrugi- nous waters Alkaline waters Chalybeate	chenhall. Mont-Dore, Contrexéville, Schwalbach. Bad Salzbrunn. Alveneu, Rippoldsau,
(Nervous and Chronic)		Maloja, Tunbridge Wells, Franzensbad. Gleichenberg, Schwalbach, Plombières, Contrexé- ville, Vittel, Leaming- ton, Bad Wildungen.
	Climatic air station	La Bourboule, Meran, Badenweiler, Wildbad, Axenstein, Sonnenberg, Clifton, Bad Reich- en hall, Grindelwald, Villeneuve, Mentone, San
		Remo, Alveneu, St. Moritz, Corfu, Ajaccio, Flims, Samaden, Malo- ia. Royat
	Indifferent waters	Wildbad, Laubbach, Bushey, Plombières.
Dishatas	Brine baths	peffer.
Diabetes	Alkaline waters, and alkaline saline waters	Karlsbad, Clifton, Royat, Teplitz- Schönau, Pougues,

Name of Disease.	Medium.	Places.
Diabetes (continued)	••• •••	Marienbad, Coutrexé- ville, Vittel, Vichy, Mont- Dore, La Bourboule, Villatoya, Neuenahr,
	Ozoue treatment Alkaline ferrugi- nous waters	BadSalzbrunn,Salzschlirf. St. Raphael. Tunbridge Wells, Gleichenberg, Schwalbach, Contrexéville, Vittel, Bad Wildungen.
	Hot salt water baths Brine baths Winter stations	St. Raphael. Droitwich, Brides. Mentone, San Remo, Monaco.
Dysmenorrhœa	Thermal hydro- therapy	Baden-Baden, Bushey, Franzensbad, Baden- weiler, Topuszko, Laub- bach, Strathpeffer.
	Ozone treatment Chalybeate waters	St. Raphael. St. Moritz, Alhama de Aragon, Plombières.
Dyspepsia	Hot salt water baths Sea baths Gaseous waters	St. Raphael. North Sea, Scheveningen. Condillac, Selters, Apollinaris, St. Alban.
	Alkaline waters	Contrexéville, Karls- bad, Vittel, Gleichen- berg, Franzensbad, Teplitz - Schönau, Ems, Bertrich, Neuenahr, Wies- baden, Royat, Bad Salz- brunn, Brides, Bad Wildungen.
	Effervescent ferruginous waters	Oriol, Pougues, Schwalbach, Pyrmont, Cheltenham, Rippoldsau, St. Moritz, Maloja, Homburg, Bad Wildungen.
	Effervescent saline waters	Niederbronn, Homburg, Baden-Baden, Wild- ungen, Pyrmont.
	Saline waters	Bad Reichenhall, Cestona guezalaga, Frailes y la Rivera, Châtel Guyon.
	Pure sulphurous waters	Strathpeffer.
	Hot salt water baths Hydropathy	St. Raphael. Gräfenberg, Vöslau, Laubbach, Plombières, Bad Reichenhall, Matlock, Malvern, Droitwich, Meran, St. Blasien.
Emphysema	Ferruginous waters	Gleichenberg, Chianciano Pyrmont, Recoaro.
	Climatic air and winter stations	Meran, Acireale, Ma aga, Madeira, Abazzia, Ajaccio,

Name of Disease.	Medium.	Places.
Emphysema (continued)	,	Schmécks, Zermatt Chamounix, Cannes, Mentone, San Remo Laubbach, Hyères, Bushey, Cambo, Bad Salz-
Female Dis- orders.	Sulphurous saline waters Ferrugirous water Hydropathy Ferruginous waters	brun. Schinzuach, Cambo. Mont Dore. Vöslan, Ems. Woodhall Spa, Bad Reichenhall. Franzensbad, Schwalbach, Loëche, Marienbad, MontDore, Forgesles-Eaux, Contrexéville. Alveneu, Vit.
	Sulphurous waters	tel, Bad Wildungen. La Torretta Monte-catini,
Gastralgic Catarrh (Vide Catarrhs)	Hot salt water baths Indifferent waters Sea baths Ozone treatment Sea baths Hot salt water baths Hydropathy Effervescing mild mineral waters Saline ferruginous waters	Aix-les-Bains, Bagnères de Bigorre. St. Raphael. Wildbad, Schlangenbad. North Sea, Scheveningen. St. Raphael. North Sea, Scheveningen. St. Raphael, Ems. Gräfenberg, Laubbach, Beu Rhydding, Matlock, Malvern, Bournemouth, Bad Reichenhall. Wildbad, Pougues, Rippoldsau, Badenweiler, Vöslau, Teplitz- Schönau, Schmécks, Sousas, Amphion, Alvenen. Châtel Guyon, Royat.
Glands (Swellings of)	Saline sulphurous waters Sulphurous and alkaline waters Bitter and ferru- ginous waters Ozone treatment Hot salt water baths	Brides, La Torretta Monte- catini, Berines, Quinto, Cauterets. Paracuellos de Jilloca, Cau- terets, Woodhall Spa, Vilo or Rosas, Villaharta. Rippoldsau. St. Raphael.
Goitre	Peat baths Hot salt water Saline sulphurous iodurated waters	Strathpeffer. La Bourboule. St. Genis, Challes, Marlioz, Chianciano, Alveneu, Woodhall Spa, Sulz-
Gout	Alkaline waters	brunn, Abano. Karlsbad, Teplitz- Schönau, Contrexé- ville, Vittel, Franzens- bad, Marienbad, Ems, Wiesbaden, Bad

Name of Disease.	Medium.	Places.
Gout (continued)	Ozone treatment Sulphate of lime waters	Salzbrunn, Salzschlirf, Bad Wildungen. St. Raphael. La Torretta Monte-catiui, Aulus, Vittel, Capvern,
	Various	Bath, Loëche. Uriage, Gleichenberg, Wildbad, Tiermas, Schlangenbad, Abano.
	Sulphurous waters	Aix-les-Bains, Aix-la-Chapelle, Escaldas, Dax, Harrogate, Acireale, Baden (Austria), Schinznach, Bourtscheid, Strathpeffer.
	Hot salt water baths Thermotherapy	St. Raphael. Laubbach, Droitwich, Malvern, Matlock,
	Ferruginous and lime waters	Franzensbad, Alveneu, Rippoldsau, Plombières, Royat, Châtel Guyon, Homburg,
Gravel (Phosphatic)	Sulphate of lime waters Mild mineral	La Torretta Monte-catini, Vittel, La Preste, Molitg. Vöslau, Badenweiler, Schlangenbad, Con- trexéville, Vittel, Pougues, La Salva- dora, Brides, Bussang.
	Ozone treatment Alkali-saline	St. Raphael. Karlsbad, Contrexéville, Royat, Salzschlirf, Bad Wildungen.
Gravel (Uric)	Alkaline waters	Karlsbad, Contrexéville, Vittel, Pougues, Teplitz-Schönau, Gleichenberg, Salzbrunn, Salzschlirf, Bad Wil-
Hæmorrhoids	Ozone treatment Ferruginous waters Alkaline waters	dungen, Ems. St. Raphael. Amphion. Karlsbad, Contrexé ville, Leamington, Le Boulou, Bad Salzbrunn,
	Hydropathy	Bad Wildungen. Laubbach, Bushey, Brides, Bad Reichenhall.
	Sulphurous and chalybeate waters Ferruginous	La Torretta, Monte-catini, Alveneu.
Herpes	Saline sulphurous waters	Châtel-Guyon. Aix-les-Bains, Baden (Austria), Schinz- nach, Cambo, Barèges, Dax, Cauterets, Uriage, Chianciano, Teleze, Amelie-les-Bains, Salin- Moutiers, Abano.

Name of Disease.	Medium.	Places.
Herpes (continued)	Arsenical waters	Baden-Baden, La Bour- boule, Cheltenham, St. Honoré, Bagnères de
Hypochondri- asis	Purgative waters	Bigorre, Royat. La Torretta Monte-catini, Vacqueiras, Hunyadi-
	[waters Saline ferruginous	János, Epsom, Matlock. Rippoldsau, Amphion .
	Hot salt water baths	St. Raphael.
	Hydropathy	Coombe Wood, Bushey,
	_,,	Gleichenberg, Laub- bach, St. Raphael, Bad Reichenhall.
	Winter stations	The Riviera and Spanish Coast towns, Corfu, [ville.
	Alkali-saline	
Hysteria	Sedative	Schwalbach, Badenweiler,
	•	Schwalbach, Badenweiler, Vöslau, Neris, Schlan- genbad, Franzensbad, Bormio, Plombières.
	Sulphurous bitter	Japaicuz.
	Ferruginous and	Rippoldsau, Luxeuil,
	magnesian waters	Orezza, Römerbad (Switzerland) Navalpino.
	Climatic air and	Axenstein, Schmécks, Veldes,
	winter stations	Pisa, Pan, Dax, Leghorn,
		Abazzia, Hyères,
		Laubbach, Matlock,
		Malvern, Ben Rhydding,
	Sea baths	Bournemouth, &c.
	Sea men	Livorno, Hastings, Scar- borough, Ventnor, Blank-
		enbergh, Schevenin- gen, The Riviera.
Impotence	Various waters	Franzensbad, Wildbad,
importance iii		Gastein, La Battaglia
		Bushey, Vöslau, Spa, Laubbach, Vittel, Salz-
		Laubbach, Vittel, Salz-
		brunn, Contrexéville, Bad Wildungen.
	Chalybeate waters	Pyrmont, Schwalbach, Tun-
	Saline waters	bridge Wells, Pougues.
		Balaruc, Cornetto, Monte- catini, Droitwich.
	Hot salt water baths	St. Raphael.
	Sea baths	North Sea, Schevenin-
	Sulphurous waters	gen and Baltic. Aix, Harrogate, Uriage,
	bulpharous waters	Baden (Austria).
Intestinal	Various waters	Karlsbad, Contrexé-
(Catarrhs &c.)		Karlsbad, Contrexé- ville, La Torretta, Monte-
	1	catini, Bagnères de Bi-
		gorre, Baden-Baden, Cheltenham, Leamington,
		Gleichenberg, Vöslau, Al-
		hama de Granada, Ems.
		Dinnoldson Combo
		Pougues, Contrexé-
		ville, Bad wildun-
		gen.

Name of Disease.	Medium.	Places.
Intumescence (of Liver and Spleen).	Alkali saline waters Alkaline' ferruginous waters	Teplitz-Schönau, Ber- trich, Sousas, Leamington Gleichenberg, Vittel, Royat, Contrexéville, Bad Wildungen.
Jaundice	Sulphurous earthy Muriatic saline and acidulous waters	Salvadora. Karlsbad, La Torretta, La Bourboule, Con- trexéville, Vittel.
Kidney Com- plaints.	Hydropathy Saline waters Alkaline waters	Laubbach, Bushey, Bad Reichenhall. Baden-Baden, La Bourboule, Matlock Bath. Contrexéville, Vittel,
	Winter Stations	Neuenahr, Bad- Wildungen. Mentone, Monaco.
Laryngitis	Climatic air and winter stations	Corfu, Bex, Ajaccio, Campfer, Múrren, Maloja, Biarritz, Cambo, Clifton. Mentone, Monaco, Bad Salbrinus.
	Sulphurous saline waters Alkali-saline	Betelú, Alveneu, Ormaiztegui, Schinznach, Aix-les-Bains. Franzensbad, Royat,
Leucorrhœa	waters Alkaline saline water Ferruginous waters	Cambo. Mont Dore, Ems. Franzensbad, Schwal-
De toolland	Ozone treatment	bach, Chianciano, Orezza Plombières, Tunbridge Wells. St. Raphael.
	Saline waters	Bigorre, Solares, Ischl, Paterna, Salzbrunn, Bad Reichenhall. The North Sea and Atlantic.
	Sea baths Hot salt water baths Bitter waters	St. Raphael. Buzot, Gravalos.
Liver Obstructions.	Alkaline-ferru- ginous waters.	La Torretta Monte-catini, Gleichenberg, Teplitz, Chianciano,Pougues, Pyrmont, Contrexé- ville, Vittel, Rip- poldsau. Cauterets, Na. Sra. de Abella, Sob- ron, Cambo, Clifton, Bad Wildungen.
	Purgative waters	Brides, Leamington, Cheltenham, Carlsbad, Panticoss, Escoriaza. Mondorf, Laubbach,
	Hydropathy	Strathpeffer Spa, Bad Reichenhall.

Name of Disease.	Medium.	Places.
Liver Obstruc- tions (continued)	Hot salt water baths Alkali-saline	St. Raphael. Karlsbad, Contrexé- ville, Royat.
Lumbago	Hydropathy	Laubbach, Contrexé-
Lymphatism (Leucocythæmia)	Sea baths Saline waters	ville, Vittel, &c. North Sea, Scheveningen, Baltic and Mediterranean. Niederbronn, Baden- Baden, Szobrancz, La Bourboule, Kreuznach
	Hot salt water baths Saline ferruginous waters.	Bad Reichenhall. St. Raphael. Salins - Moutiers, Luxeuil, Chianciano, Royat, Tunbridge Wells.
	Saline sulphurous waters. Sulphurous waters	Uriage, Mondorf, Baden (Austria), Eaux-Bonnes. Harrogate, Cheltenham, Chianciano, Acireale, Villaro, Dax.
Mercurial Intoxication.	Thermal sul- phurous waters.	Aix-les-Bains, Aix-la- Chapelle, Bourtscheid, Baden (Austria), Bigorre, Loëche, Acireale, Schinznach, Salzbrunn, Abano.
	Cold sulphurous waters.	Challes, Alveneu, Buyeres de Nava, Cauterets, Salinetas de Noveldá.
Metritis (Chronic).	Thermo-therapy Saline ferruginous waters. Sulphurous waters Alkali-saline	Laubbach. Szczawnicza, Chianciano, Ibero, Salzbrunn. Aix-les-Bains. Karlsbad, Brides, Franzensbad, Contrexéville.
	Hot salt water baths Alkaline ferruginous	St. Raphael. Pougues.
Morphinism	Thermo-hydropathy	Laubbach, Bushey, Mal- vern, Aix-les-Bains.
Nephritis	Alkaline and mild mineral waters.	Royat, Recoaro, Gleichen- berg, Capvern, Baden- weiler, Schlangenbad, Bussang, Neuenahr, Contrexéville, Bad
Nervosity	Hydropathy Hydropathy	Wildungen. Contrexéville, Vittel. Matlock Bath, Laubbach, Reiboldsgrun, Landeck, Bushey, Plombières, Bad Reichenhall, St. Blasien.
	Winter stations Climaticair stations	Pau, Pisa, Leghorn. Mentone, Monaco. Vöslau, Römerbad, Gersau, Axenstein, Bregenz, Lindau, Campfer, Pontresina, Bad Reichenhall, St. Blasien.

Name of Disease.	Medium.	Places.
Nervosity (continued)	Hot salt water baths Chlorated sul-	Innsbruck, Meran, Rippoldsau, Maloja St. Raphael Bains, Bigorre, Neris, Dax.
Neuralgia	hurous waters. Mild mineral waters	Ems, Schlangenbad, Neu- haus, Vöslau, Römerbad
	Various waters	(Austria), Badenweiler. Karlsbad, Contrexé- ville, Teplitz Schönau, Brides Bains, Wildbad, Bex, Malvern, Salins- Moutiers.
Neurasthenia	Mixed sulphurous Hydropathy	Olette, Eaux-Chaudes. Gräfenberg, Droitwich, Laubbach, Strathpeffer, Bad Reichenhall.
Neurosis	Hydropathy	Laubbach, Bushey, St. Blasien.
	Sulphurous waters Indifferent waters	Baden (Austria). Wildbad.
	Sulphurous and chalybeate waters. Winter stations.	Corfu, Ajaccio, Meran, Mentone, Monaco, St.
Obesity	Hot salt water baths Purgative	Blasien. St. Raphael. Brides, Sedlitz, Kissingen, Püllna, Epsom, Marien- bad, Acireale, Lea- mington.
	Ozone treatment. Climatic station Alkali-saline	St. Raphael, Brides. Meran. Karlsbad, Contrexéville, Châtel-
Ophthalmia	Sea baths Sulphurous ferru-	Guyon, Vittel. Scheveningen. Müskau, Aramayona.
	ginous waters Sulphurous saline Ferruginous arsenical	Eaux-Bonnes. Mont Dore.
Ovarian (Derangements)	Mixed waters Bicarbonate and saline waters.	Mont Dore, Paracuellos. Niederbronn, Chianciano, Schwalbach, La Bourboule, Droitwich.
6	Iron muds Peat baths Sea baths	Franzensbad. Strathpeffer Spa. Scheveningen
Paralysis (Generally)	Saline waters [waters. Sulphurous saline	Balaruc, Ischia, Bex, Mal- vern, Bad Reichenhall Acireale, Baden (Austria).
	Sulphurous waters	Uriage, Loëche, Aix- les-Bains, Chianciano, Dax, Mehadia.
	Indifferent waters Mud baths	Wildbad, Plombières. Acqui, La Battaglia, Val- dieri, Mehadia, Dax.

Name of Disease	е.	Medium.	Places.
Paralysis (Generally) (continue	ed)	Hydropathy Natural steam baths.	Gräfenberg, Laubbach, St. Raphael, Matlock, Bad Reichenball. Monsummano, Stufa di Nerone, La Battaglia, Abano, Dax, Farnboro'.
Paralysis (Hysterical)	•••	Mild waters Hot salt water baths	Bains, Ems, Plombières, Schlangenbad, Vöslau, Römerbad (Austria), Bødenweiler, Wildbad, Laubbach, Bashey, Droitwich, Leamington, Royat. St. Raphael.
		Sea baths	Scheveningen.
Paraplegia		Various waters	La Malou, Wildbad, Gas- tein, Chianciano, Graena, Loujo, Plombières.
Pharyngitis (Glandular)		Sulphurous waters	Schinznach, Allevard, Eaux-Bonnes, Ischl, Marlioz, Ormaiztegni, Strathpeffer.
		Saline waters Mixed waters	Nauheim, Bex. Mont Dore, Gleichenberg, Contrexéville, Vittel, La Bourboule, Vil- laro, Clifton.
		Winter stations Alkaline waters	Cannes, Biarritz, Acireale, Madeira, Malaga, Murcia, Abazzia, Men- tone, San Remo, Ajac- cio, Corfu, Maloja, Bagnères de Bigorre, Hyères.
		Mixed waters	Rad Salzbrunn. Mont Dore.
Phthisis (Laryngeal)		Alkaline waters	Gleichenberg, Mont Dore, Ems, Royat, Bad Salz- brunn.
		Sulphurous, saline and carthy waters	Acireale, Amélie, Eaux-Bonnes, Eilsen, Nendorf, Cauterets, Cambo, Soden.
		Climatic air and winter stations	Cambo, Hyères, Ischl, Mentone, Cannes, Schmecks, San Remo, Corfu, Ajaccio, Mürren, Maloja, Clifton, Gor- bersdorf, Honne, St. Blasien.
		Hot salt water baths Ozone treatment	St. Raphael. St. Raphael.
Phthisis (Pulmonary)		Sulphurons waters	Cauterets, Eaux- Bonnes, Amelie, Ischl, Acireale, Challes.
		Alkaline waters	Gleichenberg, Mont Dore, Bad Salzbrunn.

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Name of Disease	. Medium.	Places.
Phthisis (Pulmonary) (continued)	Alkaline water Climatic air and winter stations	Ventnor, Torquay, Atlantic and North Sea baths, Scheveningen. Mont Dore. Meran, Schmecks, Acireale, Madeira, Hyères, Abazzia, Biarritz, Malaga, Murcia, Elche, San Remo, Cannes, Campfer, Pontresina, Clifton, Cambo, St. Moritz, Samaden, Maloja, Laubbach, Bournemouth, Torquay, Isle of Wight, Cornwall, Teneriffe, Bad Reichenhall, St. Blasien.
	Mild waters	Ems, Schlangenbad, Römerbad (Austria), Schmecks.
	Mixed and arseni- cal waters Climatic air and	Baden-Baden, La Bour- boule, Cheltenham. Meran, Abazzia,
	winter stations	Alassio, St. Moritz, Schmecks, Davos, Strathpeffer, Men- tone, San Remo, Hyères, Teneriffe, Bad Reichenhall, St. Blasien.
Pleuritis	Sulphurous saline waters	Eanx-Bonnes, Acircule.
Pleurodynia	Mixed waters Hydropathy	Mont Dore, Bournemonth. Gräfenberg, Mondorf, Lanbbach, Bushey, Droitwich, Bad Rei- chenhall, St. Blasien.
	Hot salt water baths Climatic station Alkaline waters	St. Raphael. Meran. Bad Salzbrunn.
Pneumonia	Sulphurous waters and winter sta- tion Indifferent waters	Meran, Acireale, Madeira, Abazzia, Elche, Mentone, Teneriffe. Wildbad, Laubbach, Bushey, Malvern. Alyeneu, Schwalbach, Spa,
Rachitis	Chalybeate waters	Alveneu, Schwalbach, Spa, Pyrmont, St. Moritz, Loëche, Plombières.
	Saline bromo-iodu- rated waters Climatic mountain station	Bex, Kreuznach, Droit- wich, Abano. Meran, Wildbad, Pontresina, Mürren, Schmecks, Rippoldsau, St. Moritz, Samsden,
Rheumatism (Articular)	Hot salt water baths	Maloja. St. Raphael.

Name of Disease.	Medium.	Places.
Rheumatism (Articular) (continued)	Thermal and hyperthermal, sulphurous and sulphurous-saline waters, mud and sand baths	Aix-les-Bains, Dax, Baden (Austria), Löeche, Abano, Acqui, Bath, Mehadia, Acque Albulae, Amélie-les-Bains, Luchon, Bath, Harrogate, Strathpeffer. Karlsbad, Teplitz-
	saline waters Saline waters	Schönau, Contrexéville Wiesbaden, Ems. Baden-Baden, La Bour-
	Sulphurous saline waters	boule, Droitwich, Bath. Alveneu, Cauterets, Ledesma, Tiermas, Schinznach, Acque- Albulae, Bagnères-
	Saline bromo-iodu- rated waters Chalybeate waters Natural steam baths	Albulae, Bagnères- de-Bigorre, Aix-la- Chapelle, Bourtscheid, Bex, Malvern, Wood- hall Spa, Abano. Rippoldsau. Abano, Monsummano, Stufa di Nerone, La Battaglia, Plombières, Bad Reichenhall, Farn- boro', Strathpeffer.
Rheumatism (with Dyspepsia)	Thermal mixed effervescent waters	Karlsbad, Contrexéville, Laubbach, Chianciano, Gleichenberg, La Bourboule, Wiesbaden, Royat.
	Saline	Baden-Baden, Droit- wich, Malvern, Bad Reichenhall, Ems.
Rheumatism (with Neuralgia)	Alkaline ferruginous Hydropathy Hydropathy Thermal sedative waters	Pougues. Farnboro'. Farnboro', St. Blasien. Karlsbad, Contrexé- ville, Acincale, Droit- wich, Laublach, Mat- lock Bath, Wildbad, Schlangenbad, Abano.
	Hot salt water baths	St. Raphael.
Sciatica	Thermal sulphate of lime waters Thermal sulphur- ous waters	Pistyan, Löeche, Bigorre, Ledesma. Aix-les-Bains, Harro- gate, Dax, Guagno, Aix, Abauo,
	Thermal saline	Baden-Baden, Buzost, La Bourboule, Mal- vern, Woodhall Spa
	Mixed alkaline	Gleichenberg, Vittel, Contrexéville, Bad Wildungen.
	Various waters	Gastein, Römerbad (Austria), Plombières, Aix
	Hot salt water baths	

Name of Disease.	Medium.	Places.
Sciatica (continued)	Hydropathy	Gräfenberg, Laubbach, Bushey, Droitwich, St. Raphael, Strath-
Scrofula	Saline waters	peffer. Baden-Baden, Niederbronn, Kissingen, Kreuznach, Dunblane, Ashby-de-la-Zouch, La Bourboule, Bex, Malvern, Homburg, Salzbrunn, Wies- baden, Bad Reichenball.
	Cold ferruginous waters	Aberbrothwick, Gleichen- berg, Plombières, Schwalbach, Luchon.
	Ozone treatment Sea baths	St. Raphael. North Sea, Scheveningen and Atlantic, Bourne- mouth and many English watering places.
	Various waters	Amelie, Wildbad, Eaux-Bonnes, Schinznach, Abano, Dax, Matlock Bath, Uriage, La Puda, Marlioz, Teplitz-Schönau, Baden (Austria), Chian- ciano, Acireale, Schwal- bach, Harrogate.
	Hot salt water baths Ferruginous waters	St. Raphael. Alveneu, Bagnères de Bigorre, Cambo.
	Winter stations	Corfu, Ajaccio, Mentone, Monaco, Hyeres, Nice, Cannes, Bourne- mouth, Torquay.
	Climatic air stations	Pontresina, St. Moritz, Samaden, Cambo.
Scurvy	Saline waters	Baden-Baden, La Bourboule.
	Sulphurous waters Ferruginous waters	Caldaniccia, Baden (Austria), Dax. Pyrmont, Chianciano,
	Terruginous waters	Schwalbach, Strath- peffer.
Sinews (Affections of the)	Thermal alkali- saline waters	Teplitz-Schönau.
()	Brom-iodide saline waters	Abano.
Skin Diseases	Saline waters	Baden - Baden, Malvern, La Bour- boule, Sulzbrunn, Abano, Bad Reichenhall.
	Alkaline mixed Sulphurous waters	Mont Dore, Royat. Chianciano, Acireale, Schinznach, Uriage, Lu- chon, Harrogate, Strath- peffer.

Name of Disease.	Medium.	Places.
Skin Diseases (continued)	Sulphurous saline waters	Acque Albulae, Alveneu, Cauterets, Aix-les- Bains.
	Earthy waters Natural steam baths	Loeche. La Battaglia, Stufa di Nerone, Monsummano, Plombières, Farnboro'.
Sores (Atonic)	Ferruginous waters Sulphurous saline waters	Chianciano, Recoaro. Acque Albulae.
Spinal Affections	Saline waters	Uriage, Nauheim, La Bourboule, Salzbrunn, Bad Reichenhall.
	Alkali-saline waters Hydropathy	Teplitz-Schönau. Laubbach, Ben Rhydding, Gräfenberg, Bushey, Laubbach.
Sterility	Indifferent waters Saline waters Ferruginous waters	Wildbad, Bad Reichenhall Droitwich, Brides. Franzensbad, Forges- les-Eaux, Marien- bad, Schwalbach, Gleichenberg, Plom-
Syphilis	Alkali-saline Sea baths Thermal sulphur- ous waters	bières, Pougues, Woodhall Spa. Karlsbad, Contrexéville, Vittel. North Sea, Scheveningen. Aix-les-Bains, Aix-la-Chapelle, Baden (Austria), Schinznach, Mehadia, Luchon, Abano, Aulus, Loëche, Amélie-
Ulcers	Sulphurous earthy waters [waters Thermal saline Iodurated waters] Sulphurous waters	les-Bains, Uriage. St. Filomena de Go- millaz. Baden-Baden. Krankenheil, Kreuth, Mar- lioz, Quinto, Alveneu, Salzbrunn, Abano. Uriage, Amélie, Eaux- Chaudes, Hartfeld, Baden (Austria), Zaldivar, Schinznach, Acque Albulae. Valdieri, San Juan de
Uric (Diathesis)	sulphurous waters Saline waters	Campos, Ledesma, Paterna. Contrexéville, Baden- Baden, Jabalcuz, Ibero, Vittel, Bad Reichenhall.
Urinary Organs (Catarrhs of the)	Indifferent waters Indifferent waters Alkali-saline waters	Vittel, Bad Reichenhall, Salzschlirf, Bad Wildungen. Wildbad. Karlsbad, Marienbad, Wildbad, Vöslau. Teplitz, Schönau, Con-
	The second of the second	trexéville, Baden-Baden. Bad Wildungen.

Name of Disease.	Medium.	Places.
Urinary Organs (Catarrhs of the) (continued)	Various waters	Bagnères de Bigorre, Cambo, Clifton, Salins Moutiers.
	Alkaline ferrugi- nous gaseous	Contrexéville, Pougues, Vittel.
Uterus (Diseases and Affections)	Sulphurous waters	Marlioz, Luchon, Baden (Austria), Chianciano, Alveneu, Villaro, Cau- terets, Strathpeffer.
	Chlorinated waters	Lamotte, Niederbronn, Droitwich.
	Sea baths	Atlantic and North Sea. Scheveningen.
	Mildly mineralised waters	Bains, Luxeuil, Schlan- genbad, Badenweiler, Vöslau, Plombières.
	Alkaline effer- vescent waters	Franzensbad, Wiesenbad, Contrexéville, Vittel, Bad Wildungen.
	Effervescent ferruginous waters	Franzensbad, Gleichen- berg, Recoaro, Puertolano,
	Hot salt water baths	Schwalbach, Châtel Guyon St. Raphael, Ems.
	Saline iodo-bromu- rated waters	Bex, Malvern, Brides, Salzbrunn,
	Climatic air station	St. Moritz

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(near Geneva).

Baths of Champel-sur-l'Arve

CONTIGUOUS TO THE HOTEL.

SPECIAL TREATMENT FOR INVALIDS.

Infallible Cures for Nervous Diseases, Dyspepsia and Rheumatism.

Dr. GLATZ
Dr. ROEHRICH
Doctors of the Establishment.

CAUTERETS.

Grand Hotel d'Angleterre

AND ITS BEAUTIFUL ANNEXE.

ENGLISH GARDEN.

TIRST-CLASS Establishment, particularly recommended. 300 Rooms. Table d'Hote. Restaurant. Near the Bath Establishment and the Casino. Lift. English and other languages spoken. Open all the year. English Church Service.

BRANCH HOUSE:

GRAND HOTEL GASSION.

PAU (BASSES PYRÉNÉES).

Proprietor—M. MEILLON.

COBLENCE.

HOTEL DU GEANT.

HIS popular Hotel is one of the most comfortable and best conducted of the Rhine Hotels. It occupies the best position in the town, being just opposite the stage from which the Rhine Steamers start, and is thus the favourite startingplace for visitors going up the Rhine or the various places of interest near, such as Ems, the Moselle, &c.

LOVELY VIEWS OF THE RHINE, EHRENBREITSTEIN FORT, &c., &c.

CUISINE EXCELLENT.

100 WELL-APPOINTED BED ROOMS; BATH ROOM, &c.

LIFT. OMNIBUS MEETS TRAINS. ELECTRIC LIGHT.

TARIFF MODERATE. Full Particulars from GESCHWISTER EISENMANN, the Proprietor, free.

CORFU—GREECE.

Hotel St. George.

WINTER SEASON. OPEN ALL THE YEAR.

Strictly First-class Hotel. Pretty View of the Sea on the Esplanade. The healthiest position in the town.

PENSION, moderate price. Perfect sanitation.

COOK'S COUPONS ACCEPTED.

Telegrams: "SANGIORGIO."

NICOLO MARTINI, Proprietor and Manager.

DAVOS.

Schatzalp Sanatorium,

MOUNTAIN HEALTH-RESORT for DISEASES of the LUNGS.

1864 m. above sea level. 300 m. above Davos-Platz.

Medical Directors:

Dr. LUCIUS SPENGLER. Dr. E. NEUMANN. ESPECIALLY RECOMMENDED FOR SUMMER STAY.

Situated close to extensive pine-woods, through which there are numerous paths.

Post Office.

Telegraph.

Telephone.

Twelve minutes from Davos-Platz by funicular railway.

Pension, including room, from 14.50 frs. upwards (including seven meals, medical treatment, baths, massage, electric light, heating and service).-Prospectus free.

DAVOS-PLATZ.

HOTEL VICTORIA,

IRST-CLASS English Hotel, beautifully situated in its own grounds, specially recommended for its excellent food and general comfort. VICTORIA is handsomely furnished throughout, and has English fiveplaces in all the public rooms. There is a good library, and daily and illustrated papers are taken. There is also a full-sized English billiard table. Large garden and croquet lawn. Lift. Electric light. Central heating. Telephone. Dark room.

Prospectus, with terms and full particulars, on application to the Proprietor.

Telegraphic Address: VICTORIA-DAVOS.

EISENACH.



Most charmingly situated.



PROSPECTUS Ø Ø Ø Ø on application to

Ø Ø Ø O. MENZEL, Propr.

EISENACH.

CLIMATIC AIR STATION. THURINGIAN FOREST.

Hotel-Pension GOLDEN LION,

With Dependance-Pension VICTORIA.

Highly spoken of in "Badeker."
Unique position at foot of the celebrated Wartburg.

LARGE SKADY GARDEN.

English and American Clientèle.
Moderate terms en pension.

OPEN from MARCH to OCTOBER.

Prospectus on application to FR. BECK, Proprietor.

EMS.

HOTEL D'ANGLETERRE.

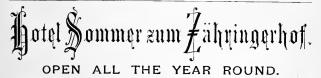
F. SCHMITT, Proprietor and Manager.

RIRST-CLASS HOTEL, in beautiful situation opposite the Royal Baths and close to an Inhaling Institution. Own shady grounds, adjoining the Public Parks and near the Tennis grounds. Every modern luxury and comfort. Sanitary arrangements perfect. Suites of apartments. Fine dining room, restaurant, and comfortable smoking room recently renovated.

SPLENDID HALL, READING, MUSIC & RECREATION ROOMS.

'Bus meets Trains, Lift, Electric Light in every Room.

FREIBURG, in Baden.



This beautiful and well-known first-rate Hotel is situated on the right, opposite the Station, in the healthiest and finest part of the town, surrounded by its own garden, and situated among pleasant promenades.

ALL HOME COMFORTS.

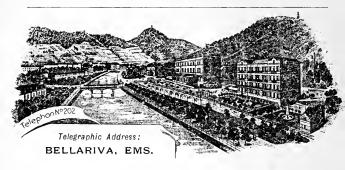
CAN BE WELL RECOMMENDED AS A FAMILY HOTEL, BOTH FOR A LONG OR SHORT STAY.

Electric Light, Hydraulic Lift. Moderate Tariff, Fishing, Shooting.

Information given about Excursions in the Black Forest.

Proprietors: SOMMER BROS.

BAD-EMS.



Hôtel & Villa Bella Riva

AND

VILLA PETIT ELYSÉE.

AN EXCELLENT FIRST - CLASS FAMILY HOTEL. Most beautiful and healthiest position of the town, at the foot of the Malberg (left side of the Lahn), next the forest, surrounded by own gardens and own shady forest-parks. Facing the Royal Baths and the Public Parks, adjoining the Promenades, and near the Tennis Grounds. Every modern comfort. Fine Dining Room, Reading, Music, and Smoking Rooms. Electric Light throughout. Thirty-three Rooms with Balconies.

AGREEABLE STATION in the HOTTEST SEASON.

TROUT FISHING.

KARL LANG, Proprietor and Manager.

BAD ELSTER—Saxony.

HOTEL DE SAXE.

PAUL RUDERISCH, Proprietor.

HIS FIRST-CLASS HOTEL in best situation, facing the Bathiug Establishments and Springs. Greatest Comfort. Electric Light. Perfect Sanitary arrangements. Telephone. Moderate prices. Excellent Cuisine. Elegant Carriages. Omnibus meets trains.

SPECIAL TERMS FOR GUESTS OF LONG PERIOD.

GERSAU (Lac. IV. Cantons.)

HOTEL & PENSION MÜLLER.

Fine position on the Lake. Bathing. Fishing. First class.

Moderate charges. Well recommended as a Family Hotel,

Motor Screw Boat. Hydraulic Lift. Electric Light.

Open 1st APRIL to 1st NOVEMBER.

Renewed and Enlarged.

ALB. MÜLLER, Proprietor.

GORBIO.

HEALTH RESORT near MENTONE.

NEW SANATORIUM FOR CONVALESCENTS.

Finest and healthiest situation of Southern France. Latest sanitary arrangements. Electric Light. Lift. Low-pressure heating.

Manager: F. BURDET.

Medical Attendant: Dr. MALIBRAN, ex Interne des Hopitane de Paris; doctor to the Savoy Hotel, Mentone, and the Savoy Hotel, Aix-les-Bains.

HELOUAN.

The George Nungovich Hotels Co.

NEW THERMAL ESTABLISHMENT.

Health and Bathing Resort.

25 minutes by train south of Cairo in the Desert. 24 trains per day.

CULPHUR and Salt Springs. Sulphur Water stronger than any in Europe. Immersion Baths, d'Aix and de Berthe, Steam and Electric Baths. All kinds of Douches. Inhalation. Pulverisation. Massage (Under Medical Supervision). Dry and Pure Desert Climate. English, Protestant and Catholic Churches.

GRAND HOTEL HELOUAN.

Opposite the Park and Casino.

Patronised by Royalty. Electric Light and every Modern Comfort. Lift. Pension and Room from P.T. 6) per day.

HOTEL DES BAINS.

Close to the Baths.

Most Comfortable. Electric Light. Entirely Renewed. Pension and Room from P.T. 40 per day.

Beautiful Walks in the Desert and on the Mountains. ENGLISH and EGYPTIAN MILITARY BANDS.

LAWN TENNIS.

Golf Links in the Desert, with Golf Club House (18 Holes, with Professional).

Riding Horses. Donkeys. Camels. Dog Carts. Sand Carts, &c.

FXCURSIONS:

Quarries of Massara and Tourah, Wady Hof Valley, &c. Pyramids of Sakkarah, Memphis and Dashûr.

Shooting on and at the Nile.

TELEPHONE. POST. TELEGRAPH.

HOMBURG.

The Grand Hotel.

FOUR SEASONS WITH VILLA FUERSTENRUHE.

The Select Rendezvous of the Aristocracy and Gentry of Europe and America.

ELECTRIC LIGHT.

LIFT. PARK.

GARDEN. TERRACE.

HYÈRES.

Grand Notel des Palmiers.

GOLF LINKS HOTEL.

ARGEST and Best Situated House; Highly Recommended by its Visitors. Close to the English and Catholic Churches. Situated full South, with large Garden and View over the Sea and Islands. Telephone. Riding Horses and Carriages at the Hotel. Tennis Courts. Drawing, Smoking Rooms, Billiards. Full South. Baths and Shower Baths. Hydraulic Lift. Pension terms moderate. Perfect sanitary arrangements.

ZICK, Proprietor.

In Summer, HOTEL METROPOLE, INTERLAKEN.

INNSBRUCK.

HOTEL TYROL.



FIRST-CLASS LEADING HOUSE.

TWO LIFTS. ELECTRIC LIGHT.

NEW SUITES OF APARTMENTS WITH BATH.
ALL FIREPROOF (SYSTEM HENNEBIQUE).

HOT WATER HEATING AND STOVES.

New Public Rooms, Large Hall, Fine Garden, Lawn Tennis, Motor Car Shelter.

Special Arrangements for Winter Visitors.

Close to Railway Station and Salt Swimming Baths.

Innsbruck is, as a Winter Station, especially recommended by Prof. Dr. Jaccoud, Paris. See "Medical Week" of 9th and 16th March, 1894.

ALL WINTER SPORTS.—IDEAL SKATING RINK, &c. WINTER AMUSEMENTS.—THEATRE, CONCERTS, BALLS.

Every facility for Education and Study at the University Schools, etc.

Illustrated Pamphlet sent on application to CARL LANDSEE, Proprietor.

INNSBRUCK—TIROL.



GRAND HÔTEL DE L'EUROPE.

FIRST-CLASS FAMILY HOTEL, opposite the Railway Station.
Charmingly situated. Splendid View of the Monntains.
Patronized by English and American Travellers. Pension
Arrangement. Electric Light at d Lift. Prospectus gratis.

A. HANREICH, Proprietor.

LA BOURBOULE (Auvergne).

GP. HÔTEL DE PARIS.

FIRST-CLASS.

Near BATHING ESTABLISHMENT and KURHAUS.

Villas & Apartments for Families.

Dark Room for Amateur Photographers.

Cycle Shed. Lift. Electric Light.

ENGLISH SANITATION.

Advantageous terms for stay in June and September,

ITALY.

The Lido at Venice.

DELIGHTFUL 12 minutes' trip by steamer across the Lagoon is that from the City to this Island, where a fine avenue of nearly a quarter of a mile in length leads from the landing-stage to the Adriatic Sea, on the gently-sloping sandy beach of which is situated the

GRAND BATHING ESTABLISHMENT,

with complete Hydrotherapic Annexe, and Electric Installation for specific cures. Resident Physician, Surgeon and Apothecary. First-class Café-Restaurant, and Covered Terrace on the Sea. Rendezvous of the most elect Society.

DAILY CONCERTS FROM MAY TO OCTOBER.

Fronting the Sea, and near the Establishment, is the

"GRAND HÔTEL DES BAINS,"

FIRST-CLASS House, replete with all Modern Contrivances for health and comfort. Lifts. Electric Light throughout. Steam Warming Apparatus. Excellent Water Supply, by aqueduct from the mainland. Steam Laundry. Drainage perfect. Branch Establishment and Chalets. 200 rooms. Park, Gardens, Walks by the Sea. Bathing Huts on the Beach. Vineyards for Grape Cure. Theatre, Riding and Bicycle Schools. Post and Telegraph Offices in the Establishment.

Steamboats ply between The Lido and Venice every few minutes to Grand Canal from 1st of April to end of October.

HORSE TRAMWAY ALONG THE AVENUE.

A delightful sojourn, highly recommended by the Faculty.

Address; LIDO-BAGNI,

KREUZNACH.

RAILWAY STATION. FIFTEEN MINUTES FROM THE RHINE.

Modern Drainage. Pure Drinking Water from the Mountains.

POST AND TELEGRAPH OFFICE.

Bromo-iodurated Saline Waters with lithium, used for drinking, bathing and local application; their effect is increased by addition of the celebrated Kreuznacher Mother-lye, from the Salines Karls- and Theodors-Halle, the property of the Town of Kreuznach.

INDICATIONS: Glandular affections, diseases of the ear, eye, throat, bones, joints (rickets); various female complaints (tumours); diseases of the urinary organs, heart and skin; rheumatism and gont, obesity, anæmia, specific diseases.

Opportunity is given to inhale the saline spray in various

ways.

Milk (new and sterilized), kefir, whey, foreign mineral waters, grape cure (famons wine growing). Donches of various kinds—Russian, Irish, Carbonate river baths, Mud and Electric Light baths; Massage, Gymnastics. Zander and Orthopædic Institutions and Röntgen Photography.

Several New Springs opened.

AMUSEMENTS.

Excellent Orchestra, Italian Evening Concerts, Fireworks, Dancing, Theatre, Races, Fishing, Boating, Shooting, Lawn Tennis, Variety of Excursions.

WINTER CURE.

DESERVEDLY POPULAR WITH ALL VISITORS. ENGLISH CHURCH.

NUMBER OF ANNUAL VISITORS MORE THAN 10,000.

Educational Establishments, and private lessons of every kind.

LARGE NUMBER OF HOTELS AND PRIVATE BOARDING-HOUSES. Baths in all of them, directly supplied with mineral water.

THE MOTHER-LYE AND THE WATER OF THE ELIZABETH SPRING IS FORWARDED EYERYWHERE BY THE ADMINISTRATION OF THE SALINES AND THE ADMINISTRATION OF THE BATHS.

KREUZNACH.

HOTEL ORANIENHOF.

A well-known, extensively patronized Establishment, visited by Royalty.

Finest, highest, and healthiest position, in its own most extensive grounds, on the main Promenade, in the nearest proximity to the Kurhaus.

MINERAL BATHS.

CONVERSATION, MUSIC, AND BILLIARD ROOMS.

The Oranien Spring, the strongest Mineral Spring in Kreuznach, is the property of the Hotel.

LIFT. ELECTRIC LIGHT.

MODERATE CHARGES.

H. T. ALTEN, formerly at Meurice's, Paris.

(BATH) LANGEN-SCHWALBACH,

Near Wiesbaden, Germany.

IRON AND MUD BATHS [p. 163].

FIRST-CLASS HOTELS ARE:

ALLEESAAL.

DUKE OF NASSAU.

METROPOLE.

QUELLENHOF.

TAUNUS.

VICTORIA.

LIDO (VENICE) LIDO.

From Venice or Lido, charming trip on the lagoon, 12 minutes by steamboat.

Climatic Station and Sea=Baths with Chinesitherapic Institute.

Express between the Station and Lido for the Hotels.

April - October.

EA-SHORE SOJOURN, recommended by the most renowned physicians. Marine Station, very efficacious in the most obstinate diseases of the glands, the bones and the articulation, derived from scrofula and tuberculosis, muscular and articular rheumatism, gout, rachitis, syphilis, diseases of the female genital organs, sterility, somkinds of neoplasms, nervous exhaustion, anæma, occular ailments and affections of the respiratory apparatus—in short, all the maladies derived from an imperfect organic exchange. Baths, Mudbaths, Irrigations, Inhalations, Electrotherapy, Massage, Douches. Establishment perfect. Washing disinfected and sterilized. Disinfection of the bathing authalation halls, of the furniture, and all the objects of the cabinets.

** LIDO-VENICE **

The most important Sea-Bathing Station of Italy.

GREAT BATHING ESTABLISHMENT

Café-Restaurant Saloon and Terrace toward the Sea. Very frequent rendezvous of the best Society. On the Sea-shore, Cabins to reut, highly recommended to families.

Hotels recommended:

Grand Hotel des Bains

On the Sea-Shore, with dependence and (chalets) dairy.

200 ROOMS AND SALOONS. EVERY MODERN COMFORT.

Delightful Sojourn. There are no gnats.

Grand Hotel Kido,

S. M. ELISABETH.

Family Hotel with Dependence and Garden, opposite Venice. Every regard to the laws of hygiene. Modern comfort. Venice Aqueduct. No parasites. Moderate prices.

Splendid Panorama on the Lagoon; Venice with its Islands.

Address: LIDO BATHS, VENICE.

LOCARNO.

THE

GRAND # HOTEL.

200 BED AND DRAWING ROOMS.

Most Comfortable during Winter, the Heating Arrangements being excellent.

EXCELLENT CUISINE.

PROPRIETORS-

The Messrs. BALLI,

LUCERNE (Switzerland).

Schweizerhof 🐃

AND

Luzernerhof.

First-class Hotels in the best situation.

600 BEDS.

Lift and Electric Light in both Hotels.

Large Hall. Orchestra in Summer.

SCHWEIZERHOF open all the Year,

WITH EXCELLENT WARMING SYSTEM.

REDUCED TERMS FOR FAMILIES ON A LONG STAY, from 15th Sept. to 15th July.

Proprietors: HAUSER Bros.

LUCHON.

Grand ⊕ Notel ⊕ Bonnemaison.

THE NEAREST TO THE BATHS.

HOTEL OF THE FIRST RANK.

LLANDRINDOD WELLS.

ROCK * HOTEL

Situated in own grounds. Adjoins Mineral Springs.

BATHS. GOLF LINKS.

Excellent Trout Fishing, reserved strictly for Hotel Visitors only,

SPECIAL ATTENTION GIVEN TO SYSTEM OF DIET.

Supplies from own Gardens, Farms and Dairy.

HOTEL OMNIBUS MEETS ALL TRAINS.

Telephone: P.O. No. 2.

Telegrams: "Rock."

MARGATE.

Motel Metropole.

PREMIER POSITION. Well-sheltered from the North-east. FACES THE JETTY. FINE SEA VIEWS.

> HANDSOMELY AND COMFORTABLY FURNISHED. LOUNGES ELEVATOR.

EASY ACCESS TO THANET GOLF LINKS. Up to date in all Appointments.

VERY MODERATE TARIFF A LA CARTE.

Inclusive Terms from 3 Guineas per week. Under Personal Supervision of Proprietor.

Telephone: "METROPOLE." Telephone: No. 41, MARGATE.

MALOJA

(Engadine, Switzerland).

THE

HÔTEL KURSAAL, MALOJA.

One of the most magnificent Hotels in Switzerland.
6,000 Feet above Sea Level.

CLIMATIC ALPINE STATION FOR SUMMER.

Offers every convenience and comfort.

Mean Temperature: July, 51:15; August, 50:35; and September, 48:0.

Best sanitary arrangements. Constructed and inspected yearly by English Engineers.

Open from the 1st of JUNE till the end of SEPTEMBER.

ELECTRIC LIGHT. LIFT.

The largest Recreation Hall in Switzerland; and Dining Room, Ball Room, Restaurant and Theatre.

HOTEL WARMED BY SPECIAL SYSTEM OF HEATING (with Ventilation).

Mountain, Water, and Ice Sports. Golf Course (nine holes).
Cricket and two Lawn Tennis Courts.

Milanese Scala Orchestral Concerts Daily.

ENGLISH & ROMAN CATHOLIC CHURCHES.
RESIDENT PHYSICIANS.

Fresh Milk and every kind of Mineral Water provided at any time.

Especially recommended by Physicians for its

- (1) Altitude and consequent rarefaction of the atmosphere;
- (2) Dryness and the aseptic character of the air.

For Prospectus and Terms apply to the Manager-

ED. SMART.

In Winter, Hotel Gallia, Cannes.

MATLOCK-BATH.

Royal Hotel.

HYDROPATHIC ESTABLISHMENT,

Chermal Mineral Spring.

ENTIRELY RE-ORGANISED & RE-FURNISHED. ELECTRIC LIGHT. LIFT.

Excellent Cuisine and Finest Selection of Wines.

TABLE D'HÔTE. SEPARATE TABLES.

SPECIALITIES: Turkish, Russian, Spray, Wave, Sitz Needle, Electric or Thermal Spring Baths, the latter from the Thermal Spring in the grounds of the Hotel.

SPECIAL NEW FEATURES: Mud Baths and Treatment by Fango di Bataglia for Gout, Rheumatism, Lumbago, Rheumatoid Arthritis, and all chronic or acute, painful and stiff joints.

Oxygen and Carbonic Acid or Nauheim Baths. Swimming Bath.

FISHING.

GOLF.

Terms on application to the Manager-

THOMA BADRUTT.

(Late Director of the Engadin Kulm Hotel, St. Moritz).

MATLOCK,

DERBYSHIRE, ENGLAND.

Smedley's Hydropathic

ESTABLISHMENT.

Station: MATLOCK BRIDGE. Telegrams: SMEDLEY'S, MATLOCK.

One of the largest Hydropathic Institutions in Great Britain. New Baths have been recently added, including Turkish and Russian Baths for Ladies, Aix-Douches, and an Electric Installation for Baths and Medical purposes.

Special Provision for Invalids. Electric Light, Lift, Night Attendance, Rooms well ventilated, and all Bedrooms warmed in Winter throughout the Establishment.

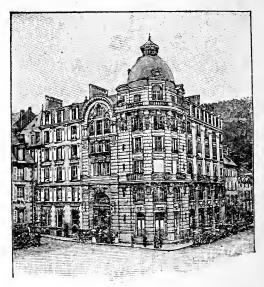
MASSAGE, WEIR-MITCHELL AND NAUHEIM METHODS OF TREATMENT CAN ALWAYS BE CIVEN.

A large staff (upwards of 50) of Trained Male and Female Nurses, Masseurs and Attendants.

Prospectus and Full Information on Application to the Manager.

MONT DORE LES BAINS.

→ Potel Sarciron Rainaldy >--



THE

BEST SITUATED, THE MOST COMFORTABLE

FREQUENTED OF THE TOWN.

FACING THE BATHING ESTABLISHMENT AND THE PARK.

Sanitary Arrangements Perfect. Lift.
Lawn Tennis, Chalet des Pics.
Villas and Furnished Apartments for Families.

ELECTRIC LIGHT IN ALL THE ROOMS.

TELEPHONE.

Apply to M. SARCIRON RAINALDY.

NICE.

HOTEL DES ANGLAIS.

HIS FIRST-CLASS HOTEL is one of the best situated in Nice (corner of Public Gardens and Promenade des Anglais). It is well known for its comfort, its excellent Kitchen and attentive service. Drainage executed by English Engineers. Heated by steam throughout the whole building.

Hydraulic Lift, New Additions, Electric Lights.

H. NAGEL, Manager.

Hotel Windsor.

L. SCHIRRER, Propr.

HOUSE OF THE FIRST ORDER, NEWLY FURNISHED WITH ALL MODERN COMFORT.

120 Rooms and Salons. Arrangement from 7-10 fcs.

Full South. Lift.

Large garden. Telephone.

Omnibus for use of guests to and from the town.

NICE—CIMIEZ.

REGINA * PALACE.

(GD. HOTEL EXCELSIOR.)

Named in honour of Queen Victoria, who was enchanted with her two visits to Cimiez in 1895 and 1896.

HONOURED by the VISIT of HER MAJESTY in MARCH, 1897.

HE EXCELSIOR HOTEL REGINA enjoys a splendid view of the Bay of Nice, as far as the Estérels, near Cannes. It is nearly two miles from the Sea, 400 feet above sea level. Façade 250 yards, height 70 feet. Ground floor contains a vast Hall, Reading and Billiard Room, Bar and Restaurants. There are 309 rooms, including 35 appartements composed of Salon, two Bedrooms, Cabinet de Toilette, Bath, &c.

DECORATION by WARING & SONS.

SANITATION by JENNINGS.

Protestant Chapel in Hotel. Hydrotherapy. Convenient Shops in the Boulevard Frontage. Frequent Omnibus to Casino in 15 minutes. Electric Light throughout. Steam Pipe Heating. Electric Lifts. Perfect Ventilation

RAGATZ-PFÆFERS.

BATHS AND HEALTH ESTABLISHMENTS

RAGATZ-PFÆFERS.

Ct. St. Gallen. 1710 ft. above sea. Switzerland. Thermal springs 28° R, = 35° C, = $94\frac{1}{2}^{\circ}$ F.

World-Renowned Health Resort

WITH THE INCOMPARABLE TAMINA CORGE. (Best resting place for travellers to and from the Engadine.)

Hof Ragatz.

GRAND HOTEL Quellenhof.

Open from the 15th March.

Open from the 15th May.

Electric Lift. Electric Light. Ticket office in the house. Extensive Park and Gardens. Lawn Tennis and other amnsements. Incomparably beautiful position: splendid view of the mountains. Comfortably installed Thermal Baths in the Hotels.

Establishment for Swedish curative gymnastics on the method of Dr. Zander (the first of its kind in Switzerland), with Electrotherapeutics. Electrotherm (hot air treatment). Carbonic acid Baths.

Establishment for Hydrotherapy, with application of ordinary water, douches of alternately hot and cold water, halfbaths, &c. Scientific massage (Metzger's System).

Good carriages for all parts of the Engadine.

LARGE KURSAAL

In the middle of grounds lighted by electricity. Concert and Reading Rooms. Billiards, Café-Restaurant. Terrace with view of the Alps. Three Concerts daily, with dancing during the Season.

HOTEL BAD PFÄFERS

at the entrance of the world-famous Tamina Gorge, two miles from Ragatz. Thermal Baths, Post-office, Telegraph and Telephone in the Hotel.

Administration of the Baths and Health Resort.

SAN REMO.

THE PRINCIPAL HEALTH RESORT ON THE ITALIAN RIVIERA.

SEASON-OCTOBER TO JUNE.

INE, clean, well-kept town, with all modern improvements in dramage, electricity, &c. Beautiful gardens with palms, lemon and orange trees, geraniums, roses, &c., in bloom all the winter.

Delicious mild climate, specially suited to sufferers from Bronchial Catarrh, Rheumatism or Asthma, &c.

Large Bathing Establishment, Opera House and Theatre.

Town Orchestra plays daily.

Splendid Excursions in the Alpes Maritimes.

8.000 VISITORS ANNUALLY.

English Doctors, two English Churches, Scotch Presbyterian Church, Lawn Tennis Club, English Social Club, frequent Dances and Soireés.

SOLBAD-ROTHENFELDE.

GERMANY, HANOVER, near TEUTOBURGER WALD.

ANY Rich Carbonic Acid Springs. Long graduation houses. Electric baths. Inhalations. 45,000 bathers and 6,505 visitors last year. Similar to Nauheim Baths in heart and female diseases, and anæmia, scrofula, gout, rheumatism, cutaneous diseases, stomach catarrh, &c. Large number of private boarding houses. Electric light. Kursaal. Orchestra. Balls. Theatre.

Prospectus apply to the BADERVERWALTUNG.

SCHEVENINGEN.

SEA-SIDE RESORT

(On the North Sea) HOLLAND.

Through Services from the Principal Continental Centres to Scheveningen and all over Holland.

SUMMER SEASON.

KURHAUS.

Kursaal and Terrace, accommodating 8,000 Visitors.
Two Concerts daily by the renowned Berlin Philharmonic Orchestra.

HOTEL KURHAUS.

THE LEADING HOUSE ON THE BEACH.

Electric Light, Newest Comfort. Stigler's Lift.

200 Bed-rooms and Private Sitting-rooms with Balconies facing the Sea.

REDUCED PRICES for LODGINGS in JUNE, JULY and SEPTEMBER.

GRAND RESTAURANT à la CARLTON in the HOTEL KURHAUS.
HICH-CLASS FRENCH CUISINE. CHOICEST WINES.

New Establishments.

RESTAURANT de la PLAGE.

BOULEYARD CANTINA.
BOULEYARD CAFÉ and TEA ROOM.

All on the Marine Promenade, and in connection with the KURHAUS and HOTEL KURHAUS.

English-American Bar.

Vienna Café.

Café-Concert.

NEW PIER (1,300 feet in length).

PIER-PAVILION (to seat 1,200).

CONCERTS DAILY by the KUR-KAPELLE.

For particulars, please apply to the

MANAGER OF HOTEL KURHAUS.

TROUVILLE-SUR-MER.

HÔTEL DE PARIS.

FIRST-CLASS ESTABLISHMENT. Front and Gardens facing the Sea and Rue de Paris.

ENTIRELY RE-DECORATED and RE-FURNISHED.

Beautiful Circular Verandah and Dining Saloons.
Lift. Telephone communication with Paris.
Interpreter. Parisian Hairdresser.
Shampooing Saloon.

English Bar. Smoking and Billiard Room. Bouquetière.

Gipsy Band during Season.

Restaurant Helder Armenonville belongs to the same Proprietor.

TUNBRIDGE WELLS, KENT.

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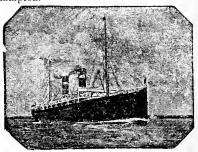
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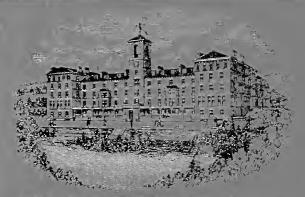
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NICE - - 11, Rue Paradis. VENICE - Calle Larga

Marco 367.

CONTREXÉVILLE SOURCE PAVILLON.

By sp the Flor (Govern) as as Establishment of Public Utility

SPECIFICALLY indicated for regular daily use, before and at meals, by PERSONS liable to become subject to GOUT, GRAVEL, ARTHRITISM and RHEUMATISM.

SPLENDID HYDROPATHIC ESTABLISHMENT. See Page 86.

